

Discipline might appear to be the opposite of freedom, but, in fact, discipline is the path to freedom.

Discipline begins with waking up early and continues with diet, exercise, controlling your emotions and ego.

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You can't count on motivation to be there when you need to get through truly challenging times.

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Discipline is about embracing life's struggle.

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Related reading: "Discipline Equals Freedom: Field Manual" – Jocko Willink

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Humility is key to success—be confident in your abilities, but keep your ego in check.

Humility is essential to being successful. Failing to listen to others and being prideful can lead to severe consequences.

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Being humble does not mean you shouldn't be confident. Success requires believing you are a capable, competent person.

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While confidence is crucial, don't let confidence turn into arrogance.

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WATCH: “How to NOT Take Things Too Personally” – Jocko Willink & Echo Charles

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The best leaders are the ones that take ownership of everything in their world—not just the things they are responsible for.

Effective leaders take ownership of everything that impacts their situation, not solely the things they are specifically responsible for handling.

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Take ownership of your own reactions — let other people blame their parents, their boss, or the system.

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Don't look for excuses, look for ways that you can address problems.

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Related reading: “The Dichotomy of Leadership: Balancing the Challenges of Extreme Ownership to Lead and Win” – Jocko Willink and Leif Babin

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Want to be successful? Choose the hard path towards freedom—the path of responsibility, hard work, and sacrifice.

Discipline is your path to health, happiness and, most importantly, freedom.

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Self-improvement is not about finding a secret formula, it's about committing to a daily grind.

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Commit to discipline especially on the days when you don't feel like it.

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