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In order to build self discipline, we need to master the art of avoiding a temptation that is right there in front of us, so we can hold out for something better in the future. Studies have shown that being able to delay gratification is one of the most important personal traits of successful people.

~~20 Strategies To Develop Self Discipline That Lasts~~

Based on the CollinsDictionary: "Someone who is self-disciplined has the ability to control themselves and to make themselves work hard or behave in a particular way without needing anyone else to tell them what to do." Simply, self-discipline is an ability to control ourselves to get things done. Why Is Self-Discipline Important For Students?

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A great way to develop self-discipline is to start changing your mindset from thinking in terms of a short term mindset more towards a long term mindset. What do I mean by this? It is essentially...

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Walter Mischel's early marshmallow experiment was one of the first studies into delayed gratification, and it gave rise to a surge of later studies linking self-discipline with success (Mischel & Ebbesen,

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1970). In a nutshell, it appears that self-discipline - or delay gratification, at least - is not as straightforward as it seems. There is evidence suggesting that low or high self-control in childhood can have influences on our choices and behaviors in later life, but that our ...

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