



Self-discipline is an important skill that can enable you to reach personal and professional goals. Developing self-discipline is like strengthening muscles; it can be improved with practice. This skill can help make difficult tasks seem more manageable as you achieve your goals.

Like any skill, self-discipline can be refined with practice, and. 9e)-2.002 (t)002 (t)-22 (02 (.)-b)-4.787 ()11.2

Self-discipline is your ability to focus on a task or goal to accomplish something. Self-disciplined individuals are generally consistent, responsible, persistent and ambitious. They may have a strong work ethic and can successfully finish tasks that must be completed even when they find it difficult.

In the workplace, self-discipline can take many forms. Generally, self-disciplined workers will complete both stimulating and monotonous tasks on time. They are also likely to have whenoi tonotot lit goals and reach milestones.

mindset that enables them to consistently meet

