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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

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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, 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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