

DISCIPLINE

Definition

Training yourself to do something by controlling your actions.

Story

Some years back, Alan Stein attended the inaugural Kobe Bryant Nike Skills Academy. The three-day camp included the country's top 20 high school shooting guards along with the top 10 college shooting guards. Among those individuals was Golden State Warriors MVP point guard, Stephen Curry. "The least recognized player there was Stephen Curry," said Stein. "But I knew immediately that he was the most impressive. Thinking long term, he was going to be a future NBA super star. It was all because of his work habits.

Stein describes how Curry would run through his own set of dribbling and shooting drills 30 minutes before the program's scheduled workouts. While all of the other campers sat around in flip-flops and their headphones, Curry drained between 100 and 150 shots and was in a full sweat by the time everyone hit the floor.

"He was meticulous with everything he did — perfect footwork, perfect shooting form. And he didn't need a coach to tell him; he just did it," Stein said.

If that wasn't enough discipline, Curry wouldn't leave the court until he swished five consecutive free throws — all in a day's work for the new face of the NBA.

Curry is a great example of what it means to stay focused on the goal. A lot like the donkey in the pit.

One day, a donkey fell into a pit. The animal cried and whined for hours while his owner tried to figure out what to do. Finally, the farmer decided that since the animal was old, and the pit needed to be covered up anyway, he'd just bury the old donkey. He got a shovel and started filling in the pit. When the donkey realized what was happening, he cried even more loudly, but then fell silent. As each shovelful of dirt hit his back, the donkey would shake it off and take a step up on the growing mound of earth. After an hour of furious shoveling, the mound had grown high enough for the donkey to jump out of the pit. The farmer paused to rest and to his amazement, he saw his old donkey jump out of the pit and trot away!

Quotes

“It’s not the will to win that matters. Everyone has that. It’s the will to PREPARE to win that matters.” ***Bear Bryant***

“Everyone must choose one of two pains: the pain of discipline or the pain of regret.” ***Jim Rhon***

“The distance between dreams and reality is called discipline.” ***Unknown***

Interaction

1. What habits are you developing that will get you to where you want to go?
2. What are some low priority things you need to sacrifice in order to reach your goals?

Main Idea

We live in a world full of distractions that can keep us from success. No one can determine your future success better than you. If anything is worth having, then it is worth paying the price to obtain it. This requires intentional decisions to shake off the dirt and keep climbing. It is being intentional step by step; seeing what can be rather than what is.

Discipline comes through developing a plan that produces good, productive habits. You should plan the work and then work the plan. Identify what steps are necessary to walk toward success and then keep walking in full confidence of the plan. Strive to do what is necessary to be a high achiever but know there will be people who will try to bring you down. Mediocre people don’t like high achievers and high achievers don’t like mediocre people.

Take Away

Discipline is the bridge between goals and accomplishment.