

Assalamualaikum warahmatullahi wabarakatuh, I'm Sabit Rayhan with you. Welcome to Sabit International.

Discipline is the cornerstone of success. If you want to be successful, you must be disciplined. There's no other option.

## 1. Find Your Why

Normally in my mind training, I get this question: "I want to be disciplined. I start something but can't continue. I'm not consistent. What can I do?"

Actually, you need to find your why first. You're doing something but don't know exactly why. You can't be consistent because your 'why' is what grabs you. It's what pulls or pushes you.

You need to know the reason, and not just any reason, but one with emotion. If you're emotionally connected with your goal, then the chance is very high that you will achieve it.

For example, if you want to buy a car, don't just say it's for going to the office. That's not emotional enough. Say, "I need a car for my family. My parents, my siblings, or my kids will have a comfortable life and enjoy traveling together." That's emotional. Emotion drives you, not logic.

So, for discipline, the first step is to focus on the reason and connect it emotionally.

## 2. Start Small & Create Momentum

Sometimes your goal feels so big that you don't dare to start. What should you do?

Start small and build momentum. Progress happens step by step. You don't jump high all at once. You grow, learn, become an expert, and then you can make the big jumps.

So, start small and gradually aim higher.

## 3. Eliminate Distractions

You want to be disciplined, and you're following a routine. But suddenly, you get a phone call, and afterward, you find yourself scrolling through social media. Hours go by—wasted.

You need to keep distractions away and stay focused on your emotionally-driven goal.

## 4. Have Someone to Hold You Accountable

You start something and stop halfway. That's why you need someone in your life to hold you accountable.

Someone who reminds you of why you started, who checks your progress, and encourages you to keep moving forward. This could be your mind trainer, elder brother, parent, or any responsible person.

Make sure they are disciplined themselves. A lazy person can't help you be productive. Only quality people can keep you disciplined.

## 5. Be Patient & Persistent

You start working out today and check your muscles tomorrow—nothing changed. You feel demoralized and stop.

That's not how progress works. Everything takes time. Be patient and persistent. Momentum creates success, and discipline maintains that momentum.

### Key Takeaways

1. Discipline is not about perfection; it's all about consistent action.
2. Surround yourself with disciplined people to stay inspired and accountable.
3. Start small, stay focused, and build strong habits over time.

Move with mind power, stay tuned with [Sabit International](#).  
See you in the next training. Till then, stay happy and healthy.