



Implementation Techniques

**How to implement
improvements
in your life!**

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Introduction

Do you need help or advice about how to implement change in your life? This free resource will give you practical information about how to implement plans or decisions to improve your life. Making life changes is not magic! Learn the techniques to implement improvements in your life.

Self-Discipline

Self-discipline is a character trait whereby an individual follows a systematic regimen to achieve a goal. It is a personal orientation toward living life in a prescribed regulated manner, and might be described as a systematic approach to a problem, opportunity, or challenge.

Many good things in life happen because the recipient employed some form of self-discipline to achieve a desired result. Is it possible to get lucky and receive a benefit that is not really earned or deserved? Yes, but that is an exception to the way life normally happens. Self-discipline brings together the necessary components to achieve a desired result.

An obvious example is an individual who wants to compete in a marathon race. Unless he is disciplined about his preparation and training, he will never be able to complete the race. No one, however talented, can be successful without hard work and discipline. This applies not only to marathon running, but to all facets of personal and work life. It is necessary for gaining knowledge and improving social skills.

Self-discipline is a basic life skill which is needed to achieve any significant life goal. We also use the term "intentionality" to represent this habit or skill. It is extremely difficult to achieve any form of life improvement without discipline and intentionality.

IMPORTANCE OF SELF-DISCIPLINE

1. Focus.

Self-discipline helps you stay focused on your goals, whether related to work, recreational activities, family, education, or other interests. When we are not focused, other life activities can interfere with achieving our goals. It is still possible to be involved in other opportunities as long as we do not permit those activities to get in the way of the primary or important goal we wish to achieve.

2. Respect.

Self-discipline will earn the respect of others. Disciplined work habits will create respect by co-workers and will usually be noticed by supervisors. Even those who don't practice self-discipline

will admire it in others. It is easy to become a role model if you practice self-discipline. Others will come to you for help and advice. Bosses are always on the lookout for workers with self-discipline.

3. Self-confidence.

Self-confidence is a common attitude for those who are achieving their goals. Self-discipline helps one accomplish tasks and overcome problems so both personal and work goals can be achieved efficiently. Self-discipline produces self-confidence because goals are achieved, validating the process being followed.

4. Health.

A self-disciplined life will normally include desirable behaviors involving diet, health, exercise, and sleep. Those who exercise regularly, eat a healthy diet, and get a good night's sleep typically exhibit a high level of self-regulation.

5. Being active.

Self-discipline can keep one focused and active. It is often easy to allow apathy to creep into your life. Self-discipline will keep you focused on the important things. It will give you enthusiasm and self-confidence. Disciplined people are typically working toward some goal or desired result in life, rather than sitting in front of the TV for hours.

6. Self-control.

An undisciplined person often lacks self-control. It is much easier to get angry and give in to temptations when self-control is not present. Those without self-control will find themselves violating their core values, using hurtful words, becoming entangled in arguments, and failing to be trustworthy.

7. Education.

Education requires self-discipline in study, preparation, homework, and test-taking. Listening is an important trait in the classroom and labs. Self-discipline is necessary in attendance, class interaction, group learning, taking class notes, and preparing for exams.

8. Contentment.

Passion, diligence, and hard work are all needed, along with self-discipline and intentionality to accomplish major tasks. Being self-disciplined will enable you to get work done on time, which will not be the case if you procrastinate. The result of completing work in a timely manner will reduce stress and bring a level of contentment that makes life easier. This leads to a happier lifestyle allowing time to enjoy other recreational and social activities.

9. Avoid stress.

There is often great stress or anxiety associated with deadlines. This is often based on the fear of failure or worry about how your work will be accepted. Disciplining yourself to prepare well in advance of deadlines will greatly reduce the stress and tension of producing a good result. It will greatly reduce strain and tension. Knowing that you are well prepared will increase your self-confidence.

10. Leadership.

Self-discipline is a characteristic that attracts followers because others respect those who are diligent, dedicated, and determined. All of these require self-discipline and intentionality. If you are talented in some area, but are not disciplined enough to develop your abilities, your talent is likely to go to waste. Leaders are ready for challenges because they are disciplined and have prepared themselves to take advantage of opportunities when they occur.

SELF-DISCIPLINE IN ALL AREAS OF LIFE

Self-discipline is required in all areas of our life, especially in the home. It is required for children who must perform chores around the house or complete their homework ahead of school deadlines. Large families require discipline in all phases of living life together in restricted space.

Self-discipline is required in the workplace. Tasks must be done on time in every workplace; in some, such as healthcare facilities, time may be critical. The military runs on self-discipline. Corporations produce products and services based on schedules, available inventory, and transportation of goods. Businesses require self-discipline in implementing efficient work processes in order to produce, sell, and deliver quality products to the marketplace.

Educational institutions depend on self-disciplined administrators, instructors, and students. Community services are delivered to customers or clients based on organized schedules that require people and goods being available when needed. The banking and financial services industry requires self-discipline in their security operations to protect money transactions in order to correctly move wealth digitally around the world.

In sports and athletics, self-discipline is an absolute requirement. Athletes will not be in adequate shape to perform if they have not disciplined their bodies for the rigors of the sport in which they participate. In order to be mentally and physically prepared athletes must adhere to strict diets, exercise routines, and sleep schedules.

Every phase of life requires some form of self-discipline. It may be employees serving customers at a fast-food restaurant to a manufacturer delivering precision-made products to NASA for the next moon mission.

Intentionality

A good life, success, and happiness don't just happen. You cannot fix the results of bad choices simply by being sorry you made them. A better life starts with making good decisions, making commitments, and fixing mistakes. Being intentional!

The easy part here is making the decision to do something. The harder part is carrying out the decisions you make to live a better life. But the real test comes when those decisions result in difficulties and problems. Are you going to turn tail and run at the first sight of trouble? Be prepared for difficulties and realize that the only answer is to persevere. Be self-disciplined and intentional. Don't let fear, confusion, or setbacks dissuade you from your pursuit.

Tips for Being Self-disciplined

AUTOPILOT:

What percentage of your life is on autopilot? Are your actions, responses, and activities being done without much thought and very little, if any, passion? You must get your life off autopilot by becoming intentional about activities that you are currently doing without thinking, caring, or being engaged. Focus on the issues and make some new choices, if necessary. We suggest you set some goals in order to drive yourself out of the rut.

GOALS:

You need to know what you want out of life, then be intentional about getting it. Do you know where you want to be? Have you established life goals that are guiding your daily routines? Have you made bad choices in the past because you did not have a clear idea of where you were going?

Effective people all have goals, whether stated or unstated. They know what they want and they determine a path that will help them achieve their objectives. They purposely develop skills and habits that will propel them along so that regardless of where they are in their journey, they know the goal.

TAKE CONTROL

1. Adopt the motto, "I can do this."
2. Accept and take responsibility for your decisions. If you make a mistake, correct it and move on. Mistakes and poor choices will happen. Fix them and learn from them.
3. Reject the concept that, "This is just the way things are."
4. Adopt actions that will enhance your chance for success:
 - a. Take control of your your calendar. You are not too busy to succeed!
 - b. Have a plan and work it.
 - c. Take control of your health. Eat right. Get adequate sleep and exercise.
 - d. Be positive. Abandon all negative self-talk.
 - e. Simplify your life, if necessary. You will be amazed by the impact of a simple life!

5. Remember that this will take time. Don't be in a big rush.
6. Be focused. Make your yes a YES, and your no a NO. You can't do everything.
7. Take action. Make the necessary decisions. Be in control of your life. Don't allow life to simply happen to you. Change will not happen until you do something.

FIRM FOUNDATION

Here are seven things that you can build on:

1. Acquire knowledge in order to generate understanding that will ultimately produce wisdom.
2. Recognize that every decision has a consequence. Think before you act.
3. Decide what you are going to do then commit to persevering.
4. Know the landscape! Where is your life? What is impacting your life today? What is working and what is not working? What do you need to change?
5. Are you fearful? What are those fears? Are they valid? Overcome your fears.
6. Use your strengths and weaknesses? Build on your strengths and minimize reliance on your weaknesses.
7. Finally, keep your eye on the goal. Know what you want to achieve. Seek a better life. Don't allow others to determine your present or your future. Establish your own standards and values. Know what you want.

Decide you want it, then do it!
If you are not intentional – nothing happens!

Applying Filters - FOUR KEY DECISIONS

How are you going to harness your heart and mind to produce the results you desire? What must you do? What are the practical actions you can take to control what you see? How do you establish limits on what you hear? What should you avoid?

First, you must want to make improvements in your life. Second, you must intentionally take action that will either limit your exposure to negative input or open up new possibilities.

If you are struggling with the need to change bad behavior or bad habits it may take real time and effort. But the alternative is remaining stuck in your current situation.

Third, just get started.

Take one step at a time. Most of us are not prepared to make multiple drastic changes all at once. So how do we get started? Ask yourself where the negative input is coming from. Tackle your bigger and most serious situation first.

Lastly, do it with a passion.

Choose one activity at a time and deal with it until it is under control and then go to the next. Once you have one issue under control, it is much easier to tackle the next.

***You can change and make new habits
by practicing them for 30 days.***

Decision #1: I will filter what I see.

What are you reading? What are you watching on TV, the Internet, or your phone? What are you seeing that is causing or creating difficulty in the area of your life you are examining?

If your problem is the TV, turn it off. If you can't do that, cancel the service. News is no longer news. News has become a channel to control your way of thinking. Be aware of the real influence of what you are watching.

What are you reading? If you are reading trash, your mind is full of trash and may be negatively impacting your life.

The key is to put limitations on negative activities and focus your attention on what will give you positive help in making changes in your life.

Filter what you see!

Decision #2: I will filter what I hear.

What are you hearing that could be causing difficulties in this area of your life? I realized some time ago it wasn't good for my mental health to listen to talking heads argue. I also realized I couldn't trust the truthfulness of what was being said. So, I just stopped!

I easily found other things I wanted to hear. TV, radio, and podcasts can either encourage or poison our mind. They can bring calm or cause stress and anxiety. They can take over your mind, if you allow it. Choose what you hear with forethought.

The music we listen to will often influence us more than we think. Young people are particularly impacted by music. Have you ever listened to the actual words of some of the edgy music these days? These artists are not simply expressing their free thought and right to speak openly, they are damaging everyone who listens. I reject their attempt to poison my heart and mind.

So, if you are among those who need help in this area of your life, consider yourself challenged. If this is not a particular problem for you, feel blessed.

Filter what you hear!

Decision #3: I will filter where I go.

Where are you going that is contributing to your difficulties in this area of your life?

Avoid places that create negative temptations. If I am married, I will never be alone with a person of the opposite sex who is not my spouse. If I am an alcoholic, I will not go to bars. If I have a gambling problem, I will not go to casinos or visit online gambling sites. If I have an addiction problem, I will not hang out where that addiction can be fed. If I have an eating problem, I will not go to "all you can eat" establishments.

It's not that difficult to draw the line. The problem is in choosing to cross or not to cross the line. You simply must make the decision ahead of time to avoid places that feed your weakness.

Instead, go to places that will encourage you, support you, and give you peace. Go places where you will grow spiritually, intellectually, and emotionally. Go where the activity produces joy and satisfaction, not temptation, worry, and stress.

Filter where you go!

Decision 4: I will filter what I say.

Is your mouth causing you problems and getting you into trouble? Many of us are very careless about our speech and the impact it has on other people. The one who speaks too quickly or speaks without thinking can cause himself unnecessary difficulties. Thinking before you speak is a lifesaver! You can avoid problems by thinking about what you are going to say.

Always bear in mind that words can have a gigantic negative impact. Therefore, you must carefully guard what you say. Be aware that with today's technology your words can go around the world in seconds and impact people you don't know and will never meet. Words can start fires or put them out.

Your goal should be gracious speech that is polite and shows respect. It should be pleasing and acceptable, not grating, harsh, or vulgar. It should have some lasting value and be appropriate for the situation.

Choose your words carefully.

Accountability

One of the most successful techniques for implementing special projects or life change is to find a partner to hold you accountable for whatever you want to accomplish. The benefit of an accountability partner is that he or she can keep you on track, give you encouragement, and help you resolve problems. Best of all, they can help identify solutions.

Find someone whom you trust and wants to help you. Meet with them regularly to discuss your progress.

The Benefits of an Accountability Partner

1. Meeting with someone else will often prevent a feeling of isolation. It's easy to feel that you are fighting your particular situation alone and have no support.
2. Talking often makes things clearer. When you ask questions or propose solutions out loud, clarification often occurs.
3. A partner or friend is a safe place to discuss difficulties. Others can often see or detect what you cannot because you are in the middle of it.
4. It is protection for risk-takers. Sometimes you may want to take risks that should be avoided.
5. It is a great weapon against apathy. It keeps you actively engaged – knowing you will be talking to a partner about your progress will inherently cause you to be involved because you won't want to tell them that you did nothing.
6. It encourages digging deeper into questions and issues that alone you might not face up to.

Conclusion

You can make changes in your life if you want to. We have provided the highlights here to encourage you to adopt one or more of the techniques described herein.

Q. Do you need to be more self-disciplined and intentional? If so, what do you need to do?

Q. Do you need to apply any filters in your life? If so, what steps do you need to take?

Q. Do you want to recruit an accountability partner (someone who will help, advise, or confront you if needed)? If so, make a list of the people, in priority order, and contact your number one choice.

***"Success is not final; failure is not fatal: It is the courage to continue that counts.
" This reminds us that both success and failure are temporary.
What matters most is having the courage to keep moving forward.***
Winston Churchill

***"Many of life's failures are people who did not realize how close they were
to success when they gave up." This encourages persistence and reminds us
that breakthrough moments often come just when we're tempted to quit.***
Thomas Edison

"If you want to live a happy life, tie it to a goal, not to people or things."
Albert Einstein

Act now!

***Six months from now
you will either have
six months of excuses
or six months of progress.***

The choice is yours!

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