



The great, big lie we tell ourselves

We are all liars. We want fame, success, and acknowledgment

But we don't accept that it takes time, failures, and the admission that 'I need to learn that' to get there.

In the 21st century, we are all impatient.

This is driven by the shareholders' short-sightedness, by Amazon Prime, and 'instant gratification' via multiple platforms.

Abraham Lincoln famously said:

“

**Discipline is choosing between
What you want now and What you want most**

”

What we want 'now' has become so accessible, that we go for that.

And what we want 'most' gets put off to later.

Eventually, we overwrite what we want 'most' with what we want 'now'.

That works for a while, but it's a hollow feeling, you know it's not right. It becomes a source of frustration. Sometimes even worse than that.

What do to?

We need to build discipline.

Think of it as a muscle.

It needs training.

The best training is to build a habit.

Not only do you get a new (good) habit. You also strengthen your discipline, which will help you avoid chasing only what you want 'now'

Find more inspiration and materials on: www.growinghabits.online

Stick with it