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## Your Future

*Why You Need Self Discipline Now!*

### EDITORIAL

Recently, whilst observing the news on TV and via the net I noticed that we generally bathing ourselves in bad news. However, it seems in the absence of real news we appear willing to accept any old prediction about the future as being newsworthy and worse still, 'factual'.

In a recent edition of UPBEAT we did some research into unemployment figures and interest rates to see if we can draw some real conclusions about how our economy is doing and it turns out that in the last 40 years, things have rarely been better.

It's in these times that we need to look at our own discipline when it comes to what and who we listen to for advice and how we go about our lives as a result. Our future depends on our ability to have discipline and stay focussed on what we truly want.

That means the best advice often comes from within. The following is some great information about discipline from a recent article by Brian Tracy.

"The most important quality of successful people is self-discipline. Albert Hubbard once

defined self-discipline as "the ability to make yourself do what you should do, when you should do it, whether you feel like it or not."

In sales, especially when you face a smaller market, greater competition, more customer resistance and greater failure and disappointment from your activities, self-discipline is the essential skill that will pull you through.

Jim Rowland similarly suggests, "Discipline weighs ounces; regret weighs tons."

And Al Tomsik, the great sales trainer, states, "Success is tons of discipline."

After a lifetime of studying successful people, Napoleon Hill called self-discipline, "the master key to riches." He said that with self-discipline, all things are possible. But without self-discipline, all the knowledge, skill or opportunity that you have will be of no use."

Basically, if you want what you want, no matter what circumstances prevail you need to assess your situation and engage your self-discipline now to make it happen.

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**"You can create anything you can imagine"**

BY ANDREAS DAGELET - DIRECTOR - ULTIMATE PERFORMANCE CONSULTING™

As 2009 rolls on and all your New Years Resolutions are either well under way or faded away I would like you to take a moment and notice if you have been disciplined enough to keep your focus on what you want?

One of the fundamentals in creating abundance in all areas of life is to take action and stubbornly focus on what you want, yet in this world of media assault on our senses and our time we rarely filter what is coming in and ultimately it effects how and where our focus is aimed.

I am noticing that more and more people allow themselves to become distracted from their life, not by real things like a family member passing or their own house on fire but by things that have little or no effect on their personal well-being like petrol prices and sharemarket values.

These things may indirectly effect you and your lifestyle but your well-being and future are in your own hands. Whenever we refocus on what we want our anxiety for what can go wrong fades then disappears and then we can then set about clearly re-creating what we want in our life.

So lets have a look at some useful steps we can take to re-focus on what we want and get rid of any non-serving thoughts

***"One of the fundamentals in creating abundance in all areas of life is to take action and stubbornly focus on what you want."***

.Firstly we need to get real clear about what we want and the best way to do that is to map out how you want your life to look in 10 years. (please remember it's not a binding contract, just a positive vision of your future) Make sure you have a good mix of personal and professional goals.

Secondly have a look at your world in 1 year and make sure that vision fits into and is heading toward the 10 year vision.

Thirdly, have a look at what you can do in the next month that will start you on your journey toward the 1 year vision. If you are highly motivated have a look at week by week and day by day goals and notice how easy it is to do something bigs if you break it down into smaller chunks.

Fourthly, use your imagination to 'see' this future actually happening (insert in your time line if you know how to do this)

Fifthly, create dream-boards with imagery of your dreams on them, the more the better.

Finally, believe that everything you can imagine you can create and use discipline to stubbornly maintain your focus on it.



*Andreas is an International Speaker, Trainer and Coach. As an Adventurer, Traveler and Sungod he has combined many of his skills to create amazing lives for himself and everyone he works with. Andreas is infamous as the first person to circumnavigate Australia by handcycle, some 16,000km (10,000Mi) Andreas is an expert in Neuro Linguistic Programming, TimeLine Therapy™, Hypnosis & Ancient Hawaiian Huna Based in Brisbane, Australia his company, Ultimate Performance Consulting™ can be contacted through:*

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