

Learn how to be strict with yourself, to change your life

What makes your plans never come true? Have you ever discipline yourself to make life more successful?

We humans, everyone wants to live a comfortable life, enjoy, relax, not be forced into any pattern. It is these thoughts and lifestyles that are deeply ingrained in each of our blood, forming a habit that is not good for ourselves, living freely and easily with ourselves, making our lives more and more deprived, falling not braking.

At the beginning of the year we again try to enthusiastically give ourselves plans to be able to be completed for the next year such as trying to reduce 5kg in the next 3 months, or achieve that big goal of becoming manage the company, buy motorbikes, build houses or buy apartments, travel . Countless goals that we often set for the new year to be able to perform, a new start full of hope for a years smoothly.



However, have you told you to complete all the plans you have set for yourself in the new year? Or the plan for each year is often overlooked for many different reasons. Each year, the plan table is what the old year has never done.

Most of us are hard pressed to fulfill our initial intentions. For example, in 2014, a series of plans were proposed; 2015 continues to be the previous year's plan; 2016 tells itself that it must be done; in 2017, it continues to be these things, going back and forth, then finally becoming a new year plan.

Just like that, the goals go on turning, the new year fulfills the goals of the old year, making you feel depressed and hate yourself for not being able to fulfill your goals well.



If you do not try, you can not enjoy it even if you are playing

If we cannot control ourselves, then surely the dreams and expectations you have set before will never be fulfilled. Time passed by without waiting for anyone, a lot of work, intended we wanted to do it again, but hesitating and dragging on for years and years, eventually came back to zero.

Our lives are always failing, how can we not be happy about our plans? Have you ever asked yourself, questioning your conscience, why did not those plans come true? After all, it is all in the word "self-discipline".



Please tell me something here. Novelist Haruki Murakami, while composing, he made a very strict request for himself. Every morning he got up very early, worked continuously for 5-6 hours and maintained it as a habit of never changing.

In an interview in the Paris Review in the summer of 2004, he wrote: "When I was writing a novel, I woke up at 4 am and worked continuously from 5-6. In the afternoon, I ran The set is about 10 km, swim 1,500m, then I read a bit and listen to music I go to bed at 21 o'clock.



I keep this habit every day without changing. Its repetition is a very important thing, like a hypnosis. I hypnotized myself to achieve a deeper state of mind.

However, to repeat this routine for 6 months to 1 year, it requires a very good physical and mental health. And so, writing a long novel is like a practice exercise, physical strength is needed like art sensitivity. "

Getting up early and going to bed before 10 pm, not eating late, regularly walking and setting up serious writing discipline, Murakami has been successful through talent and hard work.

Strictly to me, it can be a boring thing, but it is never useless. Self-discipline, can bring you a "high-class" life.

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