

THE EFFICIENCY CURVE

The more you discipline yourself to working non-stop on a single task, the more you move down the "Efficiency Curve." You get more and more high quality work done in less and less time.

Each time you stop working however, you break this cycle and move back up the curve to where every part of the task is more difficult and time consuming.

Self-Discipline Is The Key...

Elbert Hubbard 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 the final analysis, success in any area requires tons of discipline. Self-discipline, self-mastery and self-control are the basic building blocks of character and high performance.

The True Test of Willpower...

Starting a high-priority task and persisting with that task until it is 100% complete is the true test of your character, your willpower and your resolve.

Persistence is actually self-discipline in action. The good news is that the more you discipline yourself to persist on a major task, the more you like and respect yourself, and the higher is your self-esteem.

And the more you like and respect yourself, the easier it is for you to discipline yourself to persist even more.

Focus Clearly on Your Number One Task...

By focusing clearly on your most valuable task and concentrating single-mindedly until it is 100% complete, you actually shape and mold your own character. You become a superior person.

You become a stronger, more competent, confident and happier person. You feel more powerful and productive.

Build Your Self-Confidence...

You eventually feel capable of setting and achieving any goal. You become the master of your own destiny. You place yourself on an ascending spiral of personal effectiveness on which your future is absolutely guaranteed.

And the key to all of this is for you to determine the most valuable and important thing you could possibly do at every single moment and then, "Eat That Frog!"

Action Exercises:

Once you start your most important task, discipline yourself to persevere without diversion or distraction until it is 100% complete. See it as a "test" to determine whether you are the kind of person who can make a decision to complete something and then carry it out. Once you begin, refuse to stop until the job is finished.

Brian Tracy is one of the world's leading authorities on personal and business success. Visit his web site and take advantage the many success & achievement resources he has available.