Discipline

**Some people regard discipline as a chore. For me, it is a kind of order that sets me free to fly. *(Julie Andrews, actress)***

**The surest test of discipline is its absence. *(Clara Barton, American Red Cross founder)***

**Man to neighbor: "My father believed in stern discipline. If I did something wrong, he provided the discipline and I provided the stern." *(Robert Orben)***

**The best discipline, maybe the only discipline that really works, is self-discipline. *(Walter Kiechel III, in Fortune magazine)***

**The poet Coleridge was visited by an admirer one day. During the conversation the subject got around to children. “I believe,” said the visitor, “that children should be given a free rein to think and act and thus learn at an early age to make their own decisions. This is the only way they can grow into their full potential.” “Come see my flower garden,” said Coleridge, leading the man outside. The visitor took one look and exclaimed, “Why that's nothing but a yard full of weeds!” “It used to be filled with roses,” said Coleridge, “but this year I thought I'd let the garden grow as it willed without tending to it. This is the result.” *(Martin Buxbaum)***

**Discipline is doing the same thing the right way whether anyone's watching or not. *(Michael J. Fox)***

**One half of life is luck; the other half is discipline – and that’s the important half, for without discipline you wouldn’t know what to do with your luck. *(Carl Zuckmayer)***

**Children Need Discipline: For years we have listened to some quack theorists and pseudo-psychologists who have preached that discipline and control were bad for children – that they should be left uninhibited to work out their own life patterns, their own self-discipline. But you don’t acquire self-discipline if you never learn what discipline is. Neither can life’s problems be worked out without experience, which can be secured only through hard knocks, or by guidance from the experience of others. Now we are reaping the harvest. *(J. Edgar Hoover)***

**A woman at one of my seminars told me about her six-year-old daughter who swam with a team and practiced every morning for an hour, swimming 2000 to 3000 meters. She related a conversation her daughter had with a family friend: “Do you like swimming?” the friend asked. “Yes, I love it.” “Is it fun?” “No!” That six-year-old had learned what many adults never experience: the joy of discipline and self-development. *(Sybil Stanton, in Reader’s Digest)***

**Have you kept the "words" of Jesus? Have you said to yourself in silence and aloud until the very ethers vibrated with its truth, "I and the Father are one"? Have you opened your mind by mentally repeating the one solvent of crystallized conditions, "Even as thou, Father, art in me, and I in thee"? This means mental discipline day after day and night after night until the inertia of the mind is overcome and the way opened for the descent of Spirit. *(Charles Fillmore, in Jesus Christ Heals, p. 97)***

**Not all the boys in ROTC buy that military discipline. During an inspection in one such reserve unit, an officer removed the butt plate of a rifle and out popped a note, which read: "Kind of snoopy, aren't you?" *(L. M. Boyd)***

Never confuse discipline with rigidity. Perfection is not the aim; rather, strive for the peace of mind that comes from being in charge of yourself.

***(Sybil Stanton, in Reader’s Digest)***

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**Discipline is the basic set of tools we require to solve life’s problems. Without discipline we can solve nothing. With only some discipline we can solve only some problems. With total discipline we can solve all problems. *(M. Scott Peck, in The Road Less Traveled)***

**Discipline is a process of scheduling the pain and pleasure of life in such a way as to enhance the pleasure by meeting and experiencing the pain first and getting it over with. *(M. Scott Peck, in The Road Less Traveled)***

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**Discipline is remembering what you want. *(David Campbell)***

**I think of discipline as the continual everyday process of helping a child learn self-discipline. *(Fred Rogers)***

**Self-discipline is when your conscience tells you to do something and you don’t talk back. *(W. K. Hope)***

**Self-respect is the fruit of discipline; the sense of dignity grows with the ability to say no to oneself. *(Abraham Joshua Heschel, in The Wisdom of Heschel, edited by Ruth Marcus Goodhill)***

**I remember my school days and Mom’s regular reveille. “Time to get up!” I agonized in bed until the last minute and ran my mother’s patience short. Then I went away to college and had to get myself up. Finally, tired of waging war with waking, I would rise – just because I wanted to, regardless of how I felt. It has worked ever since.** ***(Sybil Stanton, in Reader’s Digest)***

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