

The difference between motivation and discipline

Motivation and discipline are two sides of the same coin and are both very important in achieving long term goals throughout your life. If there is something you want to achieve, your internal reasoning that forces you on a path towards achieving this goal is motivation. How much effort you put in, in order to achieve that goal, is discipline.

Today we'll be going over these two subjects in a little more detail for your benefit. Keep reading!

- **Motivation**

Motivation is the why behind the goal. It's your little engine that says you can, when the rest of you says you can't. It's also the same force that can help you move mountains, on a good day. Motivation is a life-long skill that you can improve through self-awareness and proven strategies.

Motivation is an inner force based on inspiration and your own internal and external reasoning. Motivation can help you focus on your goals.

- **Discipline**

Discipline differs from individual to individual. While motivation and discipline directly complement each other, they don't always work hand in hand. Discipline could be defined loosely as the strategy or route you follow regularly in order to achieve your goals. According to entrepreneur and self-made millionaire **Jim Rohn** "**Discipline is the bridge between goals and accomplishment**".

As you can see, both discipline and motivation are uniquely **important but co-dependent in achieving the goal**. It's important, however, not to conflate the two.

Motivating yourself is great, but it provides a relatively short-term boost of momentum that can quickly burn up. Discipline, however, is a learned method of maintaining productivity over time and sustaining a clear pathway towards achieving your goals.

On the one hand, just being able to do the things you are supposed to is not the same as being motivated towards a higher goal, or maintaining the self-motivation necessary to continue doing things when willpower is depleted. You will require motivation to help achieve goals when fatigue sets in and things get harder and harder to accomplish.

On the other hand, motivation is fairly redundant without discipline. Discipline is cultivated over time and provides a template for developing strategies to achieve your goals. Discipline can drive a person to succeed in face of adversity – it drives you to complete the work you don't enjoy but is required for the progression towards your goals, and it keeps you going when you **run out of motivation**.

Jim Rohn suggests that it takes consistent self-discipline in order to master the setting of goals, time management and leadership, and without it we become sporadic and ineffective. This consistent effort is necessary in order to truly manage the valuable time we have.

It also takes discipline to conquer the nagging voice in our minds – the fear of failure, imposter syndrome, the fear of success. It is necessary to utilize discipline to quash the voice that brings up the possibility of failure – and it takes discipline in order to recognize our errors and limitations.

Being disciplined helps you remain productive, increases self-confidence and patience, and teaches you what you need to overcome failure.

Conclusion

Motivation comes and goes. When you face life adversities only discipline will get you through them.

Like Mike Tyson said “**Discipline is doing what you hate to do, but do it like you love it**”

In the meantime, Lēt'z Roar