

SL: Motivation OR Discipline!

Hi {Name},

Throughout the years, the most often debates I've heard were:

1. Communism vs Capitalism
2. Censorship vs Freedom of speech
3. Motivation vs Discipline

Now I am not an expert in politics but I do believe myself to be somewhat knowledgeable in the Motivational and Disciplinary topics.

My opinion is simple and unwavering,
I've heard some say motivation is useless without discipline.

What I have to say is that there is some truth in the reversal.
It is Discipline that helps you achieve your goals whether that is a 6-pack or 6 figures the truth is you need motivation to get it started.

Think of it as riding a bike.

To reach the full speed you need to kick it off first then slowly increase until you reach your desired speed and then it is more focused on maintaining that smooth ride until you reach your destination.

That is how you should view certain aspects of life.

For you to reach that goal you must first take a push in the right direction.

Simply put,
For you to consistently get better habits or let go of bad ones, you just have to start. first right!

"You don't have to be great to start, but you have to start to be great." - Zig Ziglar

I hope i was able to share something new with you.
And as always,
Keep pushing towards your goals💪.

Stay Safe,
{name}

