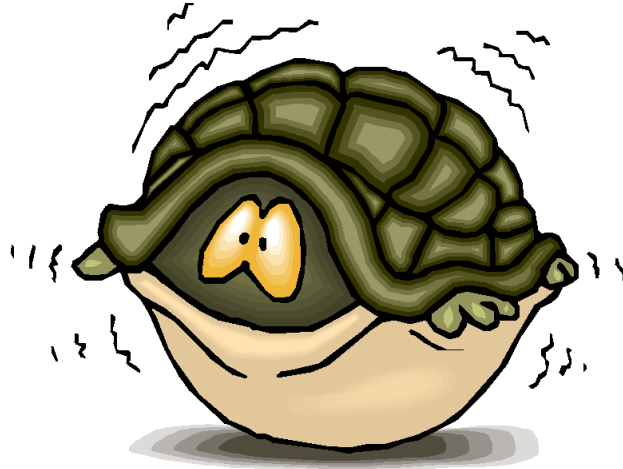


ARE THE STAKES HIGH ENOUGH?

There is a word in the English language and a translation of this word in all other languages that strikes fear and despise into the hearts of every man, women and child on the planet. It is a word that is often associated with pain and discomfort, yet it is a word that, if we can change our perception of and attitude to, can help us to get whatever we want in our lives ...



The word is DISCIPLINE! As children we got to know the word discipline well when we were a bit cheeky at home or at school and were handed a nice big dose of discipline! In our latter years we associate discipline with forcing ourselves to do things we don't like, that are physically and/or emotionally painful, over an extended period of time to get some result at the end of the long, horrible and uncomfortable process. Is it any wonder that so very few people ever persist long enough to experience the reward, when the process is so distressing? It is just easier and more enjoyable to lay on the couch!



'Discipline' really is an exciting word

The reality is that 'discipline' is a word that we need to apply to certain areas of our life that we want to change for the better. Whether that be our wellbeing, our relationships, our financial situation or whatever. But why can't we make 'discipline' a word that excites us rather than depressing or scaring us? I recently heard a definition of 'discipline' that I believe will make a difference for many people. It certainly has for me;

Discipline (*verb*) – a decision followed by consistent action when the stakes are high enough.

We know the first bit all too well. We know we need to decide, as many of us do on New Years Eve! We know we need to take action which is easy to begin with while it is still a novelty. The challenge is to keep going consistently when it is not always fun, when we don't always feel like it, when we are discouraged by others and when it doesn't seem to be giving us the result we want. That is, of course, unless **the stakes are high enough!** When our desire for achieving the end result is so strong the process, that we used to despise, actually becomes enjoyable because everyday and with every action it is moving us closer to what it is we desire so much.

Making the stakes high enough



I have often spoken about my dislike for exercise. It is inconvenient, uncomfortable and often downright painful. I often ask myself why I keep doing it 4 or 5 times every week; rain, hail or shine? I ask myself why is that I do it when many others make excuses? It isn't because I am extra talented, extra special or extra disciplined. It is simply because the stakes are high enough. It is a burning desire for me to feel fit and healthy. It is a burning desire for me to have the energy to do the things I love doing. It is a burning desire for me to be able to run and play with my grandchildren when right now I don't even have children! So I do it and enjoy it, or at least the benefit of it!

We need to work it NOW, while we still have a choice

I am speaking tonight for the Cancer Council at the candlelight ceremony for their 'Relay for Life'; "**Relay For Life is more than just a fundraiser. It is an opportunity to get together with your community and celebrate cancer survivors, remember loved ones lost to cancer, and fight back against a disease that takes too much.**" During this event teams walk and run over an 18 hour period, through the night, in respect for people that face their disease 24/7. For these people this seemingly uncomfortable and exhausting process is fun because the stakes are high enough.



It is a tragedy that for many people the stakes don't become high enough until all choice is taken from them. It is my burning desire to inspire people to work out what will make the stakes high enough and what is important enough so that the consistent action doing uncomfortable things really isn't that bad. In fact it actually becomes fun when we know that it is moving us in a disciplined fashion towards the object of our desire.

Let's find those high stakes, get into action NOW and keep going until our lives are changed forever.

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