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Discipline is not an act of punishing for wrong doings!

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Discipline does not mean you punish them for their mistakes or wrong doings. For example, if a kid breaks a china vase that has been the most precious gift to his parent, then hitting him or not letting him out will not achieve discipline, in fact the complete opposite happens. The child will become even more aggressive. Instead of all this, explain to him the importance and significance of the china and the value for it. Once he understands this, then the parent can tell him that he cannot go out for two days because of this mistake. This will bring some discipline in him and he will be more careful with thing the next time. Every successful person has achieved the pinnacle of success by being well disciplined with his way of conduct with others and his methods of practice and most important trait of all which is self control.

It is a quality which need not be incorporated or instilled in to a person by others; it is also achieved by him through the experience of life. For example, a hot-headed person loses a job because he lost his temper with his boss. If he controls his temper in his next job then that means he has learnt his lesson and has mastered the art of self control. Discipline comes naturally when people start accepting their mistakes and try to overcome them instead of blaming others. It brings oneâ€™s mind in to control, they stop deciding with what their heart says and start reasoning things logically.

Discipline does not mean being rigidly controlled; it can be anything from controlling our food habits to being on time. Time management is another characteristic of discipline. Making a schedule and sticking to it so that it saves time and energy and money is essential. Discipline is not something that comes immediately. It is a slow process. A person cannot become different over night. There are people who take it to a completely extreme level that makes it more like characteristic trait than a quality and life gets difficult for those who live around them. They are so disciplined that like them they expect the others to get up at four in the morning, follow a particular diet, have a particular time table for the day, never joke, wear perfect ironed clothes without a single wrinkle even at home, never go for parties or booze, expect their children to well behaved and never show any outward emotion, etc. then this is an extreme scenario. People should know the difference between quality and obsession! Discipline should not rule lives. Discipline can apply for anyone and to any organization. For example, it is the code of conduct in which a successful government can be run. Not only in governments. Multinational corporations, places of worship, schools etc., must have a discipline to function better. There can be no shortcomings in discipline. It has to be carried throughout a lifetime, for it to work effectively.

When one breaks a discipline, punishment should be avoided. Alternate methods can be embraced. Do not be harsh or use physical punishment to discipline a person or a child. This is not a military school where discipline is everything. It can be brought out with a kind word and by being loving. Always explain why a person should not be the way he is. If he does not stick to coming on time, then tell him how it will affect him in future if he is always late. Being kind is more effective than being harsh. People will either follow it for sometime because they are scared otherwise they rebel against it if they are being given a harsh treatment!

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