

It applied so well to so many aspects of my life. I mistook it at first as some cold unfeeling philosophy I need to adopt, but ironically again I was applying my feelings to it in the process of working on it! I have some metaphorical demons that still haunt me and were rooted in very young. They're very self destructive, and if there's anything unique about me or something doesn't meet this impossible standard I created then I despise it about myself. But very recently I'm learning that I should do the opposite with these things and celebrate them. Experiencing certain emotions in a healthy way was so foreign but I'm so incredibly grateful that I'm scratching the surface of that.

All these things can be applied to everybody, but it's important to note that what I focus on is incredibly personalized, it's not a better or worse way than anyone else's at fighting your inner demons but it is my way. This is another area that being disciplined has helped; subconsciously I've always felt that the unique qualities I had were inherently negative and had to be gotten rid of, or changed. It was just understood that those qualities were worse in my mind, but I've been battling that thought consistently. I can never fully dissolve it, that's not my goal really, but I am learning through consistently working on it that I am special because of those qualities, not in spite of them. Those qualities will help me in the field of work I go into, in my fitness aspirations and my relationships. That is a major leap for me and is definitely a milestone in my journey of growth.

The consistency that I've developed is the only reason I've made progress. I've often thought that if people spent as much time as they do trying to get motivated to do something but instead on the thing itself, they'd be where they wished they were. It removes emotion from the equation which in this aspect is very helpful. It makes it very logical and removes the guilt, if you want to