

BUSINESS

Getting rich in Ireland

with Peter Lawless

Metro Eireann presents the latest weekly column by the entrepreneur coach and business growth specialist, designed to help you overcome any obstacles and reach your dreams

Part 14: Why the pain of discipline only really weighs in grams

t has often been said that the pain of discipline weighs in grams, while the pain of regret weighs in tonnes. So what does that really mean to you?

When we have done or not done something, all that remains of that action or inaction is the memory. There will be consequences, which could be either positive life enhancing ones or devastating soul destroying ones – but of course these are the extremes, the black and white ends of the

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spectrum; in reality all shades of grey exist.

To put it in perspective, have you ever done something that felt tough at the time, and yet created a feeling of satisfaction and got you one step closer to something that you wished to achieve?

On the other hand, how many times have you put something off, only to have the consequences haunt you with regret? That self confessed refrain of 'if only...' and the friendly rejoinder 'I told you so' leave us with many regrets

for what might have been. How heavy these regrets are is something that only you will know.

The real question is: are you happy to have these regrets hanging like a millstone around your neck, or are you prepared to do just that little bit more, even though it may hurt, to get what you want?

Some real-life stories in discipline

I felt it appropriate to share a few stories with you, both per-

Is it easy? In a word no.

Luckily I am able to project myself to an hour from now when I will have finished this piece and re-read it and feel good that I have been able to share something that I sincerely hope will bring some light to many people's lives.

I'm sitting here, summoning up my thoughts, dredging my tired brain to produce the best that I can, because I respect the effort that you will be making when you read this, even though it is definitely painful.

But, my goodness, it's worth it. That small amount of pain pales in significance to the massively painful feeling of regret that I would have if I had missed this deadline and not had an article ready for you to read and hopefully gain something from.

● **Her story** Another friend of mine is also spurning TV and a lovely glass of chilled wine tonight so that she can study for some upcoming exams. Yes, she also got up early, brought her kids to school, spent a day working, collected the kids, fed them, cleaned up the house, did some exercise and then sat down to study.

Is it painful for her? Well I am sure it is. But did passing her last exam make her feel great? Yes it did. Each minute and hour of study gets her closer to passing her exams and getting a qualification that many students in college with none of her commitments find difficult to achieve.

This lady won't be sitting around in five years time wondering what might have been. She will have vastly improved her life and the life of her family because she endured the pain of discipline.

● **His story** A neighbour of mine came to Ireland eight years ago with the equivalent of less than 200 euro in his pocket. Two months ago he sold his company for a substantial sum that means, if he chose, he would be able to look after his family for life without ever working again.

Sure, eight years might seem like a long time, especially as he got up six days a week at 3am and worked through till late each night. This guy didn't even have a fancy dream – he just used what he knew to create something that people wanted.

The key lesson is that no matter what you want out of life or how disadvantaged a place you may feel that you are starting from, it is always possible; with a few grams of discipline and a whole measure of passion and persistence, you can actually achieve anything.

A few simple areas to practice discipline

You may not have your idea yet, or have your goals clear in your mind. However this is no excuse for not practising a little bit of discipline.

Think about something in your life that you want to improve on: it may be fitness-related, knowledge-related, or even to do with your leisure activities.

I don't know if you know much about golf, so the following anecdote might miss the mark. There was this famous South African golfer named Gary Player, who had a remarkable record of getting the ball in the hole from the bunker. After holing a spectacular shot which propelled him to a tournament victory, the interviewer asked him what he put down his incredible luck to. Gary replied: "The more I

practice, the luckier I seem to get!" So what could you practice or do a little more of? Here are a couple of ideas.

If English is not your mother tongue, maybe you might like to spend at least 10–15 minutes a day practising it? One year from now, as you become fluent and are able to get a job that is suited to your qualifications, you will be so happy you did it.

You might want to follow one of the stories above and further your education by getting a qualification that could help you in work, or even give you the tools to start your own business. Just go and enrol and start studying. Extra knowledge is something you will never regret having.

Maybe you feel that you are lacking in energy to get things done. Have you ever thought

about some additional exercise? Just two hours a week will seriously improve your weekly energy levels and could give you an extra 10 hours worth of productivity in a week.

These are only some suggestions. Why don't you sit down and think about what you really want and start training yourself in discipline? Trust me, it does get easier the more you practice.

Will you be quite happy motoring along in the slipstream of life like most of the people you rub shoulders with? Or do you want to be like the people in these stories, to be the person driving life, so that others walk in your slipstream?

PS: I feel great having written this, and the short twitch of pain is over. Now I will settle down and watch TV with no regrets!

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