

The Jason Stapleton Program - Tips to Be More Productive, Disciplined and Consistent

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This is another podcast from one of the many podcasts that I like to listen to. This one is from the Jason Stapleton Program, definately worth a listen!

Tips to Be More Productive, Disciplined and Consistent

Today I want to expand on a concept we touched on last week in “Lessons from a lifetime of Failures” and that’s this idea of discipline and productivity. Here’s a link to that episode if you missed it.

<https://podcasts.apple.com/us/podcast/lessons-from-a-lifetime-of-failures/id840193021?i=1000569042411>

Discipline is largely a myth. In his book “The power of Habit” Charles Duhigg explains that the reason people can’t loose weight or stop smoking isn’t because they lack discipline it’s because they haven’t changed their habits.

So how do we form better habits? That’s what we’re going to discuss today. I hope you enjoy.

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