

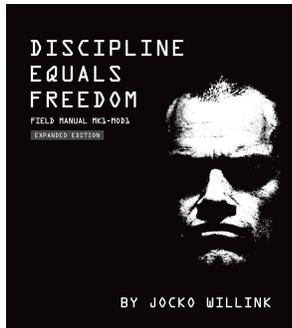


# A WEEK IN *Learning*

**L&D RECOMMENDATIONS**  
for TED Talks, podcasts, books, and more!

## WHY DISCIPLINE EQUALS FREEDOM

Podcast Recommended by Larry Van Wave, Manager, Learning Technology



Every four years, we have the privilege of witnessing the remarkable talents of elite athletes competing in the Olympic Games. The recent 2024 Summer Games were truly spectacular. These competitors dedicate four years of their lives to reaching their Olympic goals. They put in the work even when they struggled to find motivation, questioning whether all the time and effort was worth just minutes of the competition. How do they do this? What is the key to doing things you don't feel like doing?

According to my recommended podcast, "Why Discipline Equals Freedom?" host Steven Bartlett interviews Jocko Willink to discuss the difference between motivation and discipline in reaching goals and how discipline is the key to helping you focus and take control of your success. Discipline differs from motivation, which tends to fade in and out and only leads to limited success when considering all the common elements of weakness, procrastination, and fear. In this podcast, Jocko covers strategies and tactics for overcoming those setbacks through discipline.

Here are some ways to build a disciplined lifestyle:

- Write out your goals
- Practice prioritizing
- Know your weaknesses
- Get others to hold you accountable
- Change your perspective
- Be mindful of your urges
- Forgive yourself and move forward

Discipline defeats excuses and is a great a way to accomplish goals.

*Click each link below for more information*



Let us know what you thought of this week's content.



Read more about this recommendation.



Learn more about the L and D team.

To view this Week in Learning, and more, please visit: <https://gwl-az.org/WIL>

