

“Have the discipline to do little things you don’t like, and you can spend your life doing the big things you do like”

Eg.

Instead of watching television – study – this will lead to better qualifications.....

Sessions at the gym, or change of eating habits– leads to better health.....

Saving twenty dollars a day instead of spending it on “stuff” may lead to owning your own home...or investment and more.....

Life is a trade off between instant pleasure and long term reward.

Plan now and play later or play now and pay later.