

SZYSZKA CALISTHENICS

01 / UNDERSTANDING DISCIPLINE

DISCIPLINE

KEEP YOUR WORD.

What you decide gains meaning through what you do.

It's easy to make a decision when you feel powerful. You see the goal, you have energy and

you want to start straight away. Discipline matters later: when the emotions settle, the results aren't visible yet and another ordinary day of work lies ahead.

MOTIVATION

DISCIPLINE

"I want to do this."

"I've decided. I'm doing it."

It gives you a reason and the desire to act.

It can be strong, especially at the beginning.

It can also fade when things become

monotonous or progress comes

more slowly than you wanted.

It helps you follow through on your decision

even when you feel less

like doing it. You know why you're taking action, and you have

a specific step to take. You return

to it.

A PROMISE TO YOURSELF

When you say "this matters to me", a moment comes when you need to make room for it in your day. Discipline connects your intention to action. Through it, your goal

stops existing only in your head.

You don't have to feel the same strength every day. You need a decision you return to

and

a way of working you can sustain. One bad day doesn't take that

possibility away.

YOUR GOAL NEEDS YOU ON ORDINARY DAYS TOO.

POWER / DISCIPLINE / CONTROL / FREEDOM

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01 / 03

02 / MY STORY

I STARTED LATER.

I KEPT RETURNING TO THE TRACK.

I came to understand discipline through what I did over the years that followed.
When I went to a sports school, I had less running behind me than the others.
I'd started a few years later. They already had experience, while I was still closing that gap.

I wasn't a standout.

But I worked my arse off like no one else.

I ran more, and harder. I gritted my teeth and did another lap. I wanted to catch up with those who'd started before me. I kept returning to the work, even when I wasn't yet who I wanted to become.

ANOTHER LAP.

ANOTHER SESSION. ANOTHER YEAR.

That was the journey between the start and the result.

After a few years, I was number one at that school. I outran everyone. Looking back on that journey, I see all the training sessions that got me there.

That's when I understood what discipline is: returning to the work for long enough to give yourself a chance to become better.

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03 / PUTTING IT INTO ACTION

YOU CHOOSE A GOAL.

YOU RETURN TO THE WORK.

A big decision takes shape through small, repeated actions.

What I take from my story above all is consistency. The effort mattered because I kept returning to it for years. Discipline gets you through the stretch of the journey where

you're already working but can't yet see everything you're hoping for.

01

YOU KNOW WHY YOU'RE DOING IT

Your goal has to mean something to you. Then the next training session connects to who you want

to become. You have a reason to return to when your immediate enthusiasm fades.

02

YOU MAKE YOUR INTENTION CONCRETE

You decide when you'll train and what you'll do. It's easier to keep a specific commitment than to wonder all over again each day whether today is a good time to start.

03

YOU KNOW HOW TO RETURN

A bad day or a missed session doesn't have to end the whole journey. You look at what got in the way, adjust the plan and get back to it. What matters is what you do next.

CONSISTENCY NEEDS COMMON SENSE

Discipline also includes planned rest and adapting the work to your abilities. Sometimes sticking to the plan means ending the session rather than adding even more just to prove something to yourself.

KEEP YOUR WORD TO YOURSELF. DAY AFTER DAY.

POWER IS DISCIPLINE

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