

E5 Leader



WHAT IS DELAYED GRATIFICATION

- Delayed gratification is the practice of denial, detachment, or removal from something that you want.
- Waiting to eat cookies until after dinner is a simple example of delayed gratification.
- 'Waiting to achieve' is another form of delayed gratification when other priorities take precedent.
- Delayed gratification is important because it's a form of discipline.
- Accomplishing a dream or a goal requires discipline to achieve. Keep in mind that part of that discipline is delayed gratification.
- Practicing delayed gratification allows for a better life, a better lifestyle, peace and harmony.