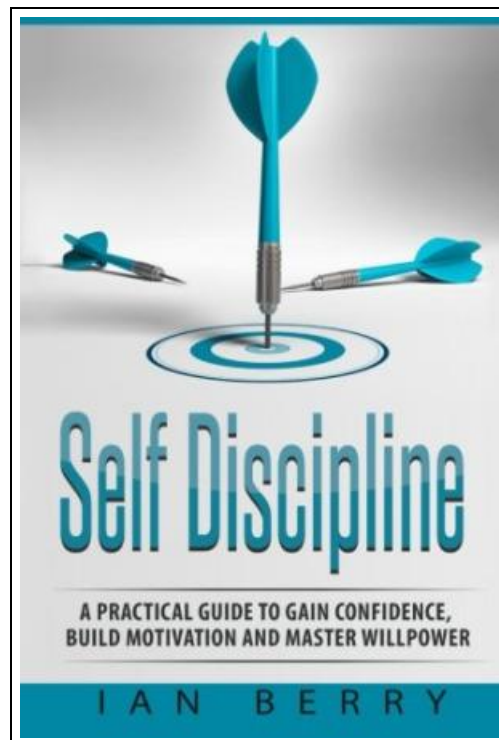


## Self Discipline: A Practical Guide to Gain Confidence, Build Motivation and Mast



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 40 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Here is what you're about to discover: Self-discipline is one of the most vital qualities that everyone should consider honing. The problem is that it is not that easy to develop. In fact, you can find a lot of people struggling to build the kind of discipline they need to start doing something about their life. For instance, if you have trouble waking yourself up early in the morning even if you know that you need to do it, then it means that you have to start doing something to discipline yourself to develop that habit. The same goes if you have a difficult time pushing yourself to do certain tasks or finishing them on time. Not being able to push yourself to exercise on a regular basis or eat a balanced diet each time is also one of the scenarios that are caused by your lack of self-discipline. The good news is that self-discipline is a trait you can really hone, provided you put your heart and mind to it. All it takes is to motivate yourself and prevent making all sorts of excuses. Keep in mind that self-discipline is a trait which pushes you to do something even if you don't like that activity. Doing something for the sole reason that you love doing it does not encompass discipline. It actually involves being able to push yourself to do something you don't like, but you know fully well that is good for you. You may not enjoy doing it at first. However, your consistency will definitely provide you with great rewards sometimes even greater than the contentment you'll gain from other activities. If you want to start transforming...



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