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Although you can develop self-discipline in 10 days, you have to keep up the habit if you want it to stick.

Determination and patience are vital for maintaining your self-discipline. During the first 10 days, you've probably been excited about the prospect of self-development. You've addressed your willpower, and you've been working on it.

How to Build Self-Discipline in 10 Days - SELFFA

Self-discipline can help you make a plan and stick to it. Find out how to easily build self-discipline in 10 days with this simple plan: Day 1: Evaluate your strengths and weaknesses. If you would like to build self-discipline, the first thing

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you need to do is identify the areas of your life which are lacking.

Build Self-Discipline in 10 Days - The Stillness Project

In order to have more self-discipline in 10 days, you have to make a mental shift. 4.1 Endorse Your Goals This mental shift starts by deciding to endorse your goals. Studies have shown that self-endorsed goals are strongly associated with making positive progress.

Self-Discipline in 10 Days: Tried and Tested Method

“Well known Human Behavior Specialist Theodore Bryant, MSW, has developed an exciting new book that will multiply your powers of self-discipline in just 10 days. The system in his book is based on years of experience conducting self-discipline classes, workshops, and seminars.

HUB Publishing - Self-Discipline In 10 Days

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Self Discipline in 10 days | Pyerse Dandridge

Self-Discipline in 10 days You will soon learn how your personal Hyde operates to sabotage your self-discipline efforts. You will also learn how to counteract this self-inflicted negative influence. But beware, you will experience resistance each step of the way from Hyde.

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Self-Discipline in 10 Days (PDF)

It's a tempting vision to become a self-disciplined person in just 10 days and be able to achieve any goal you want with pure willpower. Unfortunately, while you can definitely become a more...

Can You Build Self-Discipline in 10 Days?

Self-Discipline in 10 Days is brief and to the point -- no endless case histories about how people used the techniques to brighten their lives. You actually can get some results in 10 days but, for significant results, it takes longer, 10 weeks, 10 months. This is a book to read -- and then review many times over.

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short and it delivers what it promises. Here are the main points. Self discipline is not about forcing ourselves to do something using our will power.

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