

The Power of Personal Discipline

By Donald Schnell

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How can you use the power of personal discipline to improve the quality of your life today? What areas need your attention right now?

Perhaps you've had a disagreement with someone you love or someone who loves you, and your anger won't allow you to speak to that person. This is the perfect time to bring discipline into your life. Perhaps you are on the brink of giving up, being frustrated, starting out, or even starting over.

What lies between you and your future success? What is the bridge that will allow you to cross over to your future?

Discipline. Specifically, a special type of discipline - self imposed discipline. This new discipline will make you try harder and work more intensely then you ever thought you could.

Don't wait until things deteriorate to the point of disaster. Start your discipline today. Discipline for you, might mean getting up 30 minutes earlier to work on that special project, report, or other task that needs to be cleared.

Give yourself 7 minutes to write down the areas of your life that need attention. Only list 7 things that need to be done. Write them down. Then immediately discipline yourself to complete all seven.

Prioritize these tasks. See how much you can accomplish. Make it your goal, to not be distracted by the phone, the fax, the computer, or your co-workers until you have removed all seven from your list.

Begin a new life of discipline. Discipline yourself to make a list everyday of 7 items. And even more importantly, discipline yourself to complete all seven. You are conditioning yourself in this way to develop completion habits. You will notice that you will not be plagued by restlessness that nothing is getting done.

Start now with 7 minutes.

Yours in Success,

Donald Schnell

Dr. Donald Schnell co- founded with Marilyn Diamond of Fit For Life, the Spiritual Java Diet Coaching Program, that is transforming thousands. The New Spiritual Diet, Incredible Value, One on One coaching Amazing Results.

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