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Self Discipline: Develop Powerful Mindsets To Manifest Your Dreams



Synopsis

Have you ever set important goals for yourself only to find that you couldn't stay motivated to achieve them? Nearly everyone has struggled with this conundrum. What it all comes down to is developing self-discipline. This ensures that you stay on track until your goals are complete, and develop a mindset that allows you to stay motivated even when your interest starts fading. In this book, you will learn:

- Why you need Self-Discipline: Most people assume that achieving their dreams is all a matter of staying motivated and passionate about them, but the truth is, without self-discipline, you won't be able to do what you hope to do. Discipline is what keeps you practicing even when you don't "feel like it", and what helps you to try again and again even when things don't go perfectly. In other words, you need it to succeed.
- How to set Effective Goals: Accomplishing goals starts with setting them effectively. This is the starting point for achieving your wildest dreams and gaining the life you've always wished for.
- How to Control your own Life: Most of us go through life without ever realizing how controlled we are by outside forces that have nothing to do with our personal desires. The key to fixing this is realizing that fact, and then working to take back control over your own life.
- Tips for Increasing Productivity: Self-discipline and productivity go hand in hand, so to improve one is to improve the other. This book will be your guide for getting better at productivity so that you can achieve your dreams and live the life you deserve. If you're ready to stop making excuses and start achieving your goals, this is the book for you.

Book Information

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Customer Reviews

If you've been trying to improve your life with the help of self improvement information and have gotten little to no results, you're not alone. In fact, most people who try self improvement resources fail to get the promised results. Inspirational, developmental, and practical... try it!

You have to be discipline in life to achieve your dreams. It has to be your number one priority to reach your goals. This book is true motivator. Having a focused and powerful mind is essential to live a disciplined life.

This is a helpful start to getting onto a journey to a new and better you. It is up to you to take it further but this is definitely a great start. I would recommend this book to any and everyone.

It was a high level, long article... didn't deep dive into anything. 'You should meditate! To find out more about meditation YouTube it'.. uhhhhm ok thanks - how about some basic tips to actually get the reader inspired to try it then and there! No time like the present

Short and sweet. Reinforced that my actions are not wrong...I'm perfectly human, but there are simple ways to improve...and it can be done. Quick read that left me with clear direction and understanding - and motivation

After reading this I feel more inspired to stick with my goals. A quick read to help motivate those on the path to self improvement.

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