
FRONT COVER:

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Foreword

Occasionally, you want to go for a walk, knowing how great it is for your health and how fantastic you feel afterwards, yet, you feel too lazy, and would like to watch television instead. You may be aware of the fact that you have to alter your eating habits or quit smoking, yet, you don't have the inner power and doggedness to alter these habits.

Does this seem familiar? How many times have you stated, "I wish I had will power and self discipline"? How many times have you begun to do something, only to stop after a short while? We all have had experiences like these.

Everybody has some addictions or habits they wish they could overcome, like smoking, excessive eating, laziness, procrastination or lack of self-assertiveness. To overpower these habits or addictions, one needs to have will power and self-discipline. They make a big difference in everybody's life, and bring inner strength, self-mastery and decisiveness.

Discipline 101

Break The Cycle Of Bad Discipline - Works Even If You Are Lazy Person!

Chapter 1:

What Is Will Power and Self Discipline

Synopsis

Will power is the power to subdue laziness and procrastination. It's the power to command or reject unneeded or injurious impulses. It's the power to arrive to a decision and follow it with doggedness till its successful achievement.

It's the inner might that overcomes the desire to indulge in unneeded and worthless habits, and the inner strength that overpowers inner emotional and mental opposition for taking action. It's among the fundamentals of success, both spiritual and material.

Self-discipline is the associate of will power. It empowers with the stamina to hold on in whatever one does. It imparts the power to withstand adversities and troubles, whether physical, emotional or mental. It allots the power to reject immediate satisfaction, in order to get something better, but which calls for effort and time.



Behind Discipline

Everybody has inner, unconscious, or partly conscious impulses, making them state or do things they later rue stating or doing. On a lot of occasions individuals don't think before they talk or act. By formulating these 2 powers, one becomes witting of the inner, subconscious impulses, and derives the power to reject them when they're not for his/her own good.

These 2 powers help us to pick our behavior and reactions, rather than being dominated by them. Their possession won't make life ho-hum or boring. To the contrary, you'll feel more powerful, in charge of yourself and your environment, happy and gratified.

How many times have you felt too powerless, lazy or shy to accomplish something you wished to act? You are able to gain inner strength, initiative and the power to arrive at decisions and follow them. Believe me; it isn't difficult to develop these 2 powers. If you're sincere and are willing to get stronger, you'll surely succeed.

In this book, you'll find a few exercises and strategies for developing these abilities. These easy, but effective exercises, may be performed everyplace and at any time. Go slowly and gradually, and you'll see how you get stronger and your life begins improving.

There's a misconception in the public mind regarding will power. It's erroneously thought to be something arduous and difficult, and that one has to exert and tense the body and brain when expressing it. It's a totally wrong concept. This is among the reasons why individuals avoid utilizing it, though they're conscious of its does good. They acknowledge the fact that the use of will power in their life and affairs

will greatly assist them and that they have to strengthen it, yet they do nothing about it.

Will power gets stronger by holding off and not allowing the expression of insignificant, unnecessary and unhealthy ideas, feelings, actions and reactions. If this saved energy isn't allowed expression, it's stored inside you like a battery, and it becomes available at the time of need. By rehearsing suitable exercises, you develop your powers the same way, as an individual who trains his/her muscles in order to fortify them.



Chapter 2:

Why You Need Discipline

Synopsis

Why do you require self-discipline? What may it do for you, and is it worth the work of developing it?

Among the main characteristics of self-discipline is the power to forgo instant and immediate gratification and pleasure, in favor of some higher gain or more substantial results, even if this calls for effort and time.

Self-discipline provides you the power to stick with your decisions and follow them through, without changing your mind, and is consequently one of the crucial requirements for accomplishing goals.

The possession of self-discipline enables you to select, and then hang in with actions, thoughts and behavior, which lead to betterment and success. It likewise presents you the might and inner strength to overcome addictions, procrastination and laziness and to carry out whatever you do.

This is a really useful and required skill in everyone's life, and though most individuals acknowledge its importance, yet very few do anything to develop and fortify it.

The Whys

Contrary to general belief, self-discipline isn't a severe and limited behavior or a restrictive lifestyle. It's a really useful inner power, which enables one to hang on and not give up, despite failure and setbacks. It grants its possessor self-command, and the power to resist temptations and distractions that tend to stand in the way of attaining aims and goals. As a matter of fact, it's among the most crucial pillars of real and stable success.

Acting in the way mentioned above leads to self-assurance, self-regard and inner strength, and to happiness and satisfaction.

Lack of self-discipline might lead to failure to reach goals, even minor ones, and to loss, health and relationships issues, obesity and other troubles.

Life frequently presents challenges and issues on the path to success and accomplishment, and in order to rise above them you have to behave with perseverance and persistence, and this calls for self-discipline. You also need this skill to cure and overcome eating disorders, addictions, smoking, drinking and other damaging habits.

- Self-discipline establishes inner strength, character and stableness.
- It helps you command appetite, restlessness, anger and natural responses.
- It enables you to withstand all kinds of unneeded temptations, like overeating, watching too much television, gossiping, gambling or taking unneeded risks.

- Having self-discipline heightens considerably your chances of accomplishing success in whatever you do.
- All the great things in life require time to grow and yield fruit, which means you require tolerance, patience and doggedness, all of which are the by-product of self-discipline. This power may help you in your occupation, at work, in study, in sport, in meditation and in everything else.
- Individuals nowadays want instantaneous results and instantaneous gratification, but this isn't always possible. Individuals who excel in their selected field commonly study, make experiments, make errors and learn from them. They frequently groom and train themselves, occasionally even for years, such as in sports for instance. If they lacked discipline, which supplies inner strength and patience, they'd have thrown in the towel in the early stages.
- An individual with a disciplined mind controls what he/she says, and may therefore keep great relationships with others.
- A self-disciplined individual commonly commands respect from others, and doesn't easily feel hurt or insulted by what individuals say or do.
- A self-disciplined individual has more control over his/her thoughts and responses.
- With this power, it is easier to go through life and accomplish goals.

This list can go on and on...

Chapter 3:

Perseverance

Synopsis

Do you complete what you begin? Do you possess enough inner strength to go through with what you begin doing?

How many times have you began to do something with exuberance and energy, and then lost your enthusiasm and vigor after a while?

How many times have you made promises to yourselves and to other people, with the intention of following them through, only to forget about them after awhile?



Doggedness

Occasionally, we don't complete what we begin, as we recognize that:

- We don't truly want what we began doing.
- It calls for too much time or cash, than what we're willing to invest.
- We recognize that there are more crucial things we want.
- We have a gut feeling that this isn't the right thing to do.
- Rather often, we make promises and begin doing things without previous thinking and analysis. We begin doing things due to temporary exuberance, in response to something we saw or heard, but when the exuberance wanes, so does the want to follow through.

In all these cases, and additional like ones, our decision to give up what we're doing may be justified occasionally, and unwarranted at other times. The issue begins when we quit, due to lack of self-discipline and doggedness. If we lack self-discipline and doggedness, how may we accomplish anything, even little minor, day-to-day tasks?

How do you feel when time after time you give up because you lack self-discipline and doggedness? Do you feel disappointed? Do you lose faith in yourself to accomplish things?

The great news is that you are able to develop these 2 important inner assets:

- Think before you take action. A lot of the projects we quit, we begin without thinking and analyzing their usefulness.

- Establish your priorities before you begin. What is more crucial now?
- Whenever you feel that you're losing exuberance and interest, consider and visualize the advantages, and how what you're doing will benefit and better your life, and other people's lives.

I won't tell you, "Stick to what you're doing, no matter what", because if you have to be told this sentence, it means you lack self-discipline and doggedness, and these words won't help you. You'll have to develop these skills, but how may you do so, if you can't finish what you begin? This is a vicious cycle situation.

You require some measure of self-discipline, and likewise a strong incentive to begin. How may you develop self-discipline and doggedness, if you lack the power to persevere?

The solution is to begin with easy exercises designed to develop self-discipline and doggedness, and with tasks that you are able to achieve quickly.

By acting in that way you build self-confidence and faith in yourself, and you'll step by step be able to accomplish things that call for more effort. In time, you'll be able to utilize the skills you develop, to follow and hang in with any plan, project, goal or resolution.

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