

# NO EXCUSES!

## The Power of Self-Discipline

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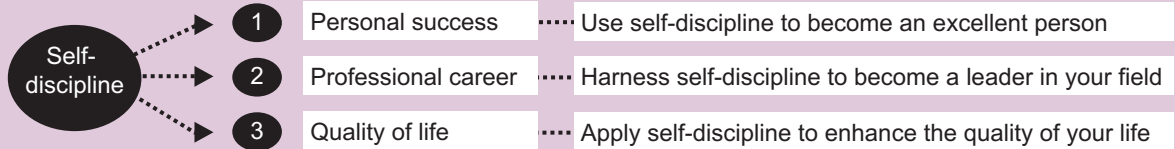
**MAIN IDEA**

*"Self-discipline is the ability to do what you should do, when you should do it, whether you feel like it or not."*

– Elbert Hubbard, one of the most prolific writers in American history

Sooner or later, almost everyone comes to the realization life is not a dress rehearsal for something better. To be successful and above average, you have to seize the initiative and make good things happen in your life and career, and that will only be possible if you have self-discipline. In a very practical way, self-discipline is the key which unlocks every other door of success. You have to stop making excuses and develop self-discipline to move ahead in life and ultimately to excel.

To realize your full potential and achieve everything you can and should achieve, work to develop self-discipline in three key spheres:



*"When you master the power of self-discipline, you will become unstoppable, like a force of nature. You will never make excuses for not making progress. You will accomplish more in the next few months and years than most people accomplish in a lifetime."*

– Brian Tracy

Your success in life depends far more on the kind of person you are in the process of becoming than it ever does on the things you do or the assets you acquire. Learn how to apply self-discipline to become an excellent person first and foremost. Embed the self-discipline required for personal greatness into your character and personality.

Self-discipline

- |                                    |   |   |
|------------------------------------|---|---|
| 1<br>Personal Success<br>Pages 2-4 | 1 | Be prepared to work hard and long                 |
|                                    | 2 | Become a person of character and integrity        |
|                                    | 3 | Accept responsibility for your own life           |
|                                    | 4 | Set goals and work towards them every day         |
|                                    | 5 | Keep steadily building your earning ability       |
|                                    | 6 | Overcome your fears and doubts                    |
|                                    | 7 | Be persistent – this is self-discipline in action |

To join the top 10 percent in your field, work at becoming progressively better all the time. When you apply self-discipline in your field, you will learn how to become a leader, to produce more and to manage your time for maximum results. Become skilled in those areas and your business or professional career will flourish.

Self-discipline

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|---------------------------------------|----|---|
| 2<br>Professional Career<br>Pages 4-6 | 8  | Always work on the highest-value tasks          |
|                                       | 9  | Become a leader and rise to the top             |
|                                       | 10 | Provide your customers with great solutions     |
|                                       | 11 | Never forget sales is the lifeblood of business |
|                                       | 12 | Obsess over saving money, not spending it       |
|                                       | 13 | Manage your time to manage your life            |
|                                       | 14 | Become very good at solving problems            |

Self-discipline can also produce miracles in your personal life. When you have self-discipline in place, you'll be happier, healthier, enjoy better relationships and have true peace of mind. It's well worth learning how to incorporate more self-discipline and self-mastery into anything and everything you do. The results will speak for themselves.

Self-discipline

- |                                   |    |  |
|-----------------------------------|----|--|
| 3<br>Quality of Life<br>Pages 7-8 | 15 | Do something you enjoy to be happy         |
|                                   | 16 | Protect and fortify your personal health   |
|                                   | 17 | Build exercise and training into your life |
|                                   | 18 | Have a strong and rock solid marriage      |
|                                   | 19 | Raise great kids                           |
|                                   | 20 | Build deep friendships and relationships   |
|                                   | 21 | Generate true peace of mind for yourself   |



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