

The Self Discipline Blueprint A Simple Guide To Beat Procrastination Achieve Your Goals And Get The Life You Want

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The Self-Discipline Blueprint is well structured. It contains fifteen strategies to magnify your self-discipline. At the end of each

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The Self-Discipline Blueprint Summary - Patrik Edblad

The Self-Discipline Blueprint Workbook Your book contains all the habits and strategies you need to develop powerful self-discipline. To make it as easy as possible to implement everything you'll learn into your life, I've created an easy-to-use workbook.

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Self Control & Self Regulation: You self-consciously regulate what you feel and what you do. You are a self-disciplined person. You are in control of your appetites and your emotions, not vice versa. Take-Away #1 - BELIEVE In order to develop the self-discipline you need to achieve your goals and dreams, you must BELIEVE that you can.

self-discipline, but why? Self-discipline

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"The Self-Discipline Blueprint" has some minor drawbacks, but it

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