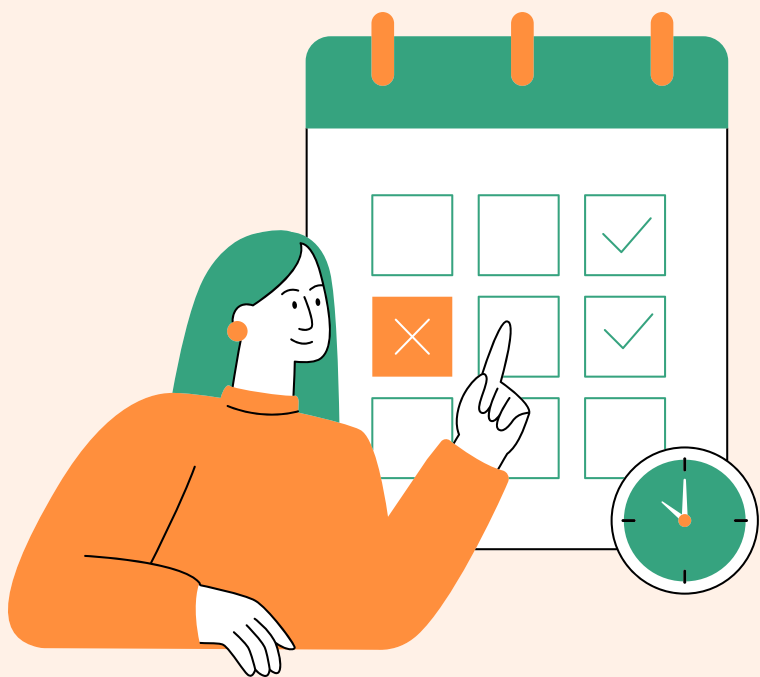


Building Self Discipline



Strengthen Your Determination and Belief

Evaluate what went wrong and devise a new plan to try again.

Practice Daily

Create a routine that helps you stay focused and disciplined, and carry it out with dedication every day.

If You Fail, Try Again

Evaluate what went wrong and devise a new plan to try again. Remember that each failure brings you one step closer to success.

Set Clear Goals

By setting clear goals, you can direct your efforts and energy more effectively.

Understand Your Strengths and Weaknesses

By understanding yourself, you can design strategies that are tailored to achieving your goals.

