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The Power of Personal Discipline

By Donald Schnell

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How can you use the power of personal discipline to improve the quality of your life today? What areas need your attention right now?

Perhaps you've had a disagreement with someone you love or someone who loves you, and your anger won't allow you to speak to that person. This is the perfect time to bring discipline into your life. Perhaps you are on the brink of giving up, being frustrated, starting out, or even starting over.

The Power of Personal Discipline

What lies between you and your future success? What is the bridge that will allow you to cross over to your future?

Discipline. Specifically, a special type of discipline – self imposed discipline. This new discipline will make you try harder and work more intensely then you ever thought you could.

Don't wait until things deteriorate to the point of disaster. Start your discipline today. Discipline for you, might mean getting up 30 minutes earlier to work on that special project, report, or other task that needs to

be cleared.

Give yourself 7 minutes to write down the areas of your life that need attention. Only list 7 things that need to be done. Write them down. Then immediately discipline yourself to complete all seven.

Prioritize these tasks. See how much you can accomplish. Make it your goal, to not be distracted by the phone, the fax, the computer, or your co-workers until you have removed all seven from your list.

Begin a new life of discipline. Discipline yourself to make a list everyday of 7 items. And even more importantly, discipline yourself to complete all seven. You are conditioning yourself in this way to develop completion habits. You will notice that you will not be plagued by restlessness that nothing is getting done.

Start now with 7 minutes.

Yours in Success,

Donald Schnell

Dr. Donald Schnell co- founded with Marilyn Diamond of Fit For Life, the Spiritual Java Diet Coaching Program, that is transforming thousands. The New Spiritual Diet, Incredible Value, One on One coaching Amazing Results. <http://www.SpiritualJava.com> or email: Donald@SpiritualJava.com

Donald Schnell is the author of The Initiation. Free Motivational Newsletter, The Buzz <http://www.spiritualjava.com>

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ARE YOU DISCIPLINED?

By Rhoberta Shaler

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For most people, the word "discipline" has an immediate negative connotation. It implies something imposed from the outside, doesn't it? It means that someone or something is controlling or demanding, neither of which are particularly appealing. When we do think about self-discipline, it, too, often has a negative spin because it is seen as difficult and contributing to failure. Can you think about it differently?

Self-discipline is nothing more than keeping your commitments to yourself. If you say something is important and significant to you, then take this little test:

Does that something that you SAY is important show up a significant number of times in either your calendar, or your checkbook, or both? If it does not, then, where is the demonstration that it is important to you? Do you regularly do what you say has value to you?

I'm sure you understand the picture. I believe behavior, not words. How about you?

So, self-discipline arises from self-esteem and self-esteem is enhanced by self-discipline. Then, it seems natural that you take a look at your self-esteem. Do you believe that you are worth spending the time and/or money on? Do you get the "left-overs" of time and resources rather than filling your own cup? It is not unusual to feel that you are being a "good" person when you are self-sacrificing. That's because our society often tells us this is so. Oh, good thinking! The society says so because everyone else benefits from your self-sacrifice. In

fact, "sacrifice" itself is an interesting concept. The dictionary says it means "the act of giving up or destroying one thing for the sake of something else".

Do you really want to be SELF-sacrificing?

Rhoberta Shaler, PhD Keynotes, Seminars & Coaching for entrepreneurs & professionals who want the motivation & strategies to achieve, to lead and to live richly. Creator of the Living Richly™ Program Host of Living Richly™ on www.wsRadio.ws. Author of OPTIMIZE Your Day! Practical Wisdom for

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