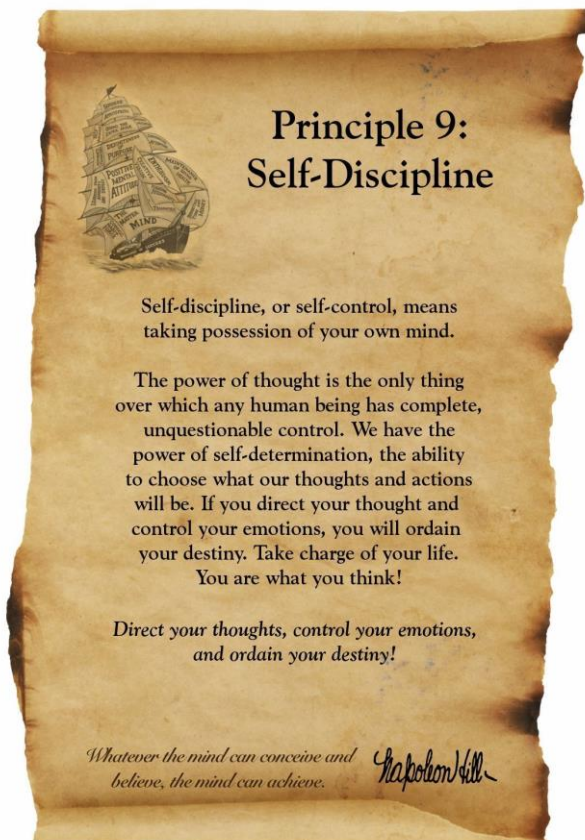


Lesson 9 – Self Discipline

Pat yourself on the back

Today is a great day!



Stimulus, Pause, Response

Different Types of Self Discipline

Money

Food

Exercise

Work

Prospecting



Today I want to focus on what you say when your buttons get pressed.

When do you have challenges with self-discipline?

When you are criticized?

Opposing views / different beliefs

Different politics

Need to control others

Spoken word

Written word

Our thoughts

Bonus Video Napoleon Hill Self Discipline

<https://www.youtube.com/watch?v=iXC8vNt0yk0>