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THE 1

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THE 1

## INTRODUCTION

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Have you ever considered how much more successful you could be in life if you were able to put absolutely everything you have into your efforts? Not 25% or 50%, but EVERY bit of you into achieving your goals?

What could you accomplish? What WOULD you accomplish?

While you consider these important questions, think about this too. Did you know that a great many over-achievers in life don't attribute their exceptional abilities as the main reason for their success, but instead their ability to master self discipline! That they consider this mastery of self discipline as the "missing ingredient" that broke them free from the pack. That this quality gave them the edge that allowed them to turn their dreams into reality.

This is a secret you won't read about very often. The reason why is because it takes real hard work to take advantage of it. But the rewards are enormous.

If you do the work in our Guide, there's no way you won't see results on the same level or better than people with exceptional talent. It's the way the rules of the world operate. Once you put them on your side anything is possible.

You can stop eating mindlessly and packing on fat...

You can free up the time to exercise and build a body you can be proud of...

You can make more money in a way you find rewarding and not degrading...

You can break down your barriers about communicating with people you find interesting...

You can develop the confidence in yourself that comes along with keeping your promises to yourself...

And that's just the tip of the iceberg. Once you build up your self discipline every single area of your life will

benefit. The mental, physical, spiritual, financial. All of it.

By the time you are through here, you will have all the tools to move from a person who "wants" and "wishes" to a person who "does".

I couldn't be happier to take this journey with you. There's no better feeling than knowing you've helped someone turn their bad habits into habits that breed success. I had someone who cared enough to set me straight and now you do to.

Some of my suggestions and observations may seem harsh. Just know I have your best interests at heart. The chances are you've been stuck in neutral for way too long. A little shock may be just what's needed to get you moving forward, fast!

Let's build self discipline together.

## CHAPTER 1 – WINNERS RISE EARLY

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Have you ever taken the time to notice the relationship between sleeping late and productivity? If you haven't, a long line of remarkable people have, ranging from people like Bill Gates, to self help gurus like Anthony Robbins all the way to political leaders like Benjamin Franklin.

Ben Franklin even had a famous quote about waking up early leading to good health, wisdom and becoming rich. I agree. In fact, we're tackling this aspect of self discipline first, because I've seen it have such a powerful effect on so many people's lives. Including my own.

I used to sleep as late as possible. I didn't think this made me lazy, since I still did what I had to do once I woke up.

Once I adopted the suggestions you're about to read, I saw I was being lazy without even knowing it. Waking up early totally transformed the way I looked at life and my ability to get things done.

Test it out and you are pretty much certainly going to agree.

What time should you wake up?

Easy. The earlier the better.

I would suggest 5 am. But if your work or school schedule somehow prevents this (and don't make excuses to try to sleep later if you want to get the most out of our program) tag on another hour. Much past 7 am is unacceptable, unless you are working PM shifts in which case simply adjust the times appropriately.

Getting up well before your peers gives you a head start on your competition. Think about how valuable this could be.

It's also a kick ass excuse killer. Not enough time in the day to exercise? There certainly is when you wake up at 5 AM.

You can't focus on building your own business because your kids are a distraction? Not when you wake up while they are still in dream land.

Waking up early is also an awesome place to start building your foundation of a self disciplined lifestyle. It helps build will power, gives you something to be proud of and starts your day off in a focused manner every working day. Which is most days.

Pick one day a week to sleep as long as you like. I prefer Sundays, a day where my work schedule is reduced and I spend time with family and friends. You can pick whatever day you like, as long as it's a day you are off from work.

Sleep in on this day and enjoy it.

Congratulate yourself, because now you are up and ready when you should be for maximum success and resting when you should be to recharge your batteries. This is act of self discipline that will be the foundation of achieving your full potential.

Expect it to be very difficult at first. Within 21 days it becomes a habit and your subconscious mind joins you on your quest for self development.

When this happens, don't be surprised if you never need an alarm clock again.

## CHAPTER 2 – STOP BEING A SLAVE TO FOOD

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Impulse eating. Can you think of anything less disciplined? Take a walk around a shopping center for a few minutes and observe the bodies of the majority of the people you see. It's likely a sad sight and, among other things, impulse eating is largely to blame.

To build self discipline you need to become a master of your relationship with food. Once you do and food becomes a friend rather than a foe, here's what you can expect:

**You Will Look Better.** And if looking good isn't important to you, it should be. The better you look, the more confidence you will be able to muster up and the more effective and successful you will ultimately be.

**You Will Have Dramatically Increased Energy.** Food is fuel. When you treat it like this most of the time, rather than as entertainment, you set your body up for

optimal performance. No more energy crashes. No more need for two cups of coffee just to get going in the morning. This is the way your body was meant to operate and once you stop impulse eating and start paying attention to your diet, this is how your body WILL operate.

**Your Mind Will Be Much More Clear.** Junk food and constant grazing clouds the mind. Eating on a disciplined schedule and eating healthy will clear your mind and you will feel the benefits of this clarity in every aspect of your life. Who doesn't want their mind working better? I know I look for every edge in this area that can be safely explored. If you're interested in success, you should too.

So how do we stop being a slave to food? By taking these two steps...

First, we need to stop eating anything beyond three full meals a day. This means setting a meal schedule and **STICKING** to it. The simplest is the traditional breakfast, lunch and dinner. This will provide more than enough calories to keep you going, will give you the opportunity to crush any tendencies you have towards impulse eating

and free up a huge amount of time and energy you would otherwise spend grazing like a herbivore. Which is something we don't want to be when we are building our capacity towards self discipline!

Can you play with this part of the program? Yes, by eating LESS meals if you choose to. You can fast, intermittent fast, reduce your meals to two a day if you choose. What you can't do is eat more than three times a day. Or snack. Or otherwise graze.

So if you need to lose extra weight consider fasting or intermittent fasting. Both fit great with our program. Other diet ideas (like eating five times a day) are forbidden since they will short circuit your efforts to build self discipline in your eating habits.

On to Step number 2. Start eating more healthy. Now providing an entire diet here, is well beyond the scope of our Guide and would probably only serve as a distraction. It should be an area you dive into after you have worked through the ideas I've presented, you've applied them and you have built up a mighty reserve of self discipline. Especially if you're overweight.

For now, cut out processed food as much as possible. Lean towards healthy proteins and fats and try to watch your carbohydrate consumption. Beware of drinking “empty” calories in sugar packed drinks. These things alone will help you make the most of eating on a strict schedule. It may sound simple, but it works. And you will reap every single benefit I mentioned above.

Start eating like a lion rather than a lamb and you will start acting like a lion rather than a lamb. And that's a good thing!

## CHAPTER 3 – STAY UNCOMFORTABLE

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A huge part of building the type of self discipline that allows you to get the most out of life is learning to become comfortable with being UNCOMFORTABLE. This may seem like a contradiction at first, but it really isn't.

Once you are used to being placed in situations and environments where things aren't warm, soft and predictable, you will have the ability to tap on a resource that most people just don't possess.

This is self discipline in the form of mental toughness.

It's one of the reasons why going through boot camp can be such a transformative experience for so many young men and women. They are put in uncomfortable situations over and over again, which leads to increased self discipline, which carries over into life beyond the military.

And there's two simple tips that you can apply to your own life that can get this principal working for you too.

You will probably find these two things difficult at first. Just remember that's the point. The difficulty can be thought of as the resistance in a kind of "mental weight training" you will perform each and everyday.

Before you know it you will be much more mentally tough. And you will have a superhuman level of self discipline.

Start applying these two tips right away.

**Wake Up to Cold Showers.** This is the foundation of learning how to master being uncomfortable. Cold showers will shock you awake every morning, get your blood flowing and show you that you can endure great physical discomfort. According to some experts they also bring significant health benefits.

So leave your hot showers behind in the morning and take your shower in cold water. This may seem impossible at first, but it isn't. The resistance to a cold shower exists only in your mind!

If you need to ease into cold showers at first, start them off warm and finish them cold. As your mental toughness grows, reduce the amount of time you spend with the water warm.

Your shower before bed can be as warm as you like. It sets you up to relax before a good night's sleep. This is what our Guide's all about: having the discipline to be fully awake when you need to be. Knowing when it's appropriate to relax can be important too.

**Walk Whenever Possible.** Stop using elevators. Stop driving to the corner to pick up a gallon of milk. Walk whenever and wherever you can, especially when choosing a carpark. There's something magical about choosing the first available car park and walking that toughens the mind and spirit. Having the self discipline to skip taking the easy way out at every turn even with small things like this will carry over into your business life, your relationship life and how you look at yourself in the mirror everyday. Kill laziness, now.

Once you train your mind to be able to command your body to step into a cold shower at will, or to purposely

walk when you could ride even when you don't want to, you will be on the road to being able to command yourself to do just about anything.

The more you stay uncomfortable, the better prepared you will be to succeed.

## CHAPTER 4 – TAKING WORK SERIOUSLY

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Building self discipline can and will transform your entire life. Including how successful you are at work, whether you are self-employed or not. How we approach work actually gives you a perfect place to practice being self disciplined. Not only will you see yourself be much more productive and effective, but these types of habits will carry over into all areas of your life.

Start taking work seriously and you will see serious rewards. These tips will get you off to a fast start.

**Always be on Time.** Don't ever be late to work, or if you are self-employed wake up late to work for yourself. This shows a classic lack of discipline. If you are on time, all the time you have immediately separated yourself positively from 95% of the people in the world. And given yourself a positive habit that's reinforced 5 or 6 days a week.

**Don't Leave Early.** There's a breed of person who makes every excuse to leave work early. They don't feel good. They have family responsibilities. They have issues with their automobile. And on and on. Building self discipline separates you from this type of person. If you are sick, work through it. Plan your family responsibilities in advance. If you must take public transportation and grin and bear it. All of this adds to your ability to not make excuses and take the easy way out. Watch how your respect for yourself and how much more respect you get from others grows.

**Take the Blame.** If you are responsible for something work related and it goes wrong take the blame. Don't waste time and energy looking for scapegoats, even if they do exist. Taking responsibility builds toughness and self discipline. Again, it also sets you apart from the pack.

**Do MORE Than Expected.** Over deliver rather than under deliver. If you work for others this will build self discipline and show you in a positive light. If you are self employed this type of practice will take your business,

your reputation and your sense of self worth very far. Always, go the extra mile.

**Keep Negativity to Yourself.** “Water cooler” complaining and griping is the type of thing that undisciplined people specialize in. It's much easier to bitch and moan than it is to work hard and find solutions to problems. Can you totally prevent negative thoughts from creeping into your mind? Of course not. But what you can do is not express them. Unless voicing negativity is in the interest of immediately working towards a solution, the self disciplined act is to remain silent.

**Stay Focused.** When you are working, work! Multitasking can be a huge foe of self discipline since it allows laziness and lack of focus creep into your life under the disguise of being more “productive”. Only a few people are able to effectively multitask. And when your multitasking involves watching television, listening to music or logging on to social media when you are involved in a work project it's hardly multitasking at all. It's wasting time, time that could be being spent making you more successful. Work when it's time to work and play when it's time to play.

Work is a big part of life. When you are self disciplined at work your entire life can change very, very quickly.

## CHAPTER 5 – FITNESS BUILDS SELF DISCIPLINE

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The more fit you become the more you can rely on your body to not let you down. Getting fit requires building the self discipline to train and eat right. The more you do this the more you will be able to apply this self discipline elsewhere, and the more you will have the strength and vigor to achieve your goals.

So a top priority needs to be getting more fit. There's no excuse to not put your all into it.

This isn't a fitness Guide, however if you follow my suggestions along with what you've ready read in our chapter about not becoming a slave to food, you can and will become fit. Guaranteed.

**Pushups Will Become Your Best Friend.** There's many excuses not to get fit. No time to go to the gym, not enough money to buy fitness equipment, no space to train, it's too difficult to get started. The Pushup kills them all. It builds your whole upper body, requires no equipment and can be done comfortably on your bedroom, living room or even kitchen floor. It's also the exercise that the world's best military units use to build both strength and self-discipline in their troops. You will be doing five sets of the most you can do six days a week.

You should know how to do a pushup. Here's some things to keep an eye on in your form:

1. Keep your core tight.
2. Keep your hands near your shoulders at a width you feel most comfortable.
3. Explode up as you exhale, inhaling on the way down.
4. Aim for very high reps.

Eventually you will be doing more than a hundred pushups a day. This will make you stronger, better looking and, most importantly for our purpose here, much more self disciplined.

**Follow Your Pushups With Sit Ups.** Sit ups (or crunches) will work your core. They will also challenge your mental toughness and self discipline, because frankly, if you are less than fit they are difficult to do.

Aim for five sets of however many you can do. Adding to the numbers as you become stronger. Again six days a week.

**For the Really Committed: Pull Ups.** Pull ups are a challenge for many. They also bring the biggest benefits of any exercise you can do at home without any equipment. You can quite easily do pull ups from a door, a ledge or beam or, if you must, break down and buy a bar for less than twenty dollars. You may not have the strength to do high rep sets at first. I didn't. But sticking

with them will really get across the message of the power of self discipline. Force yourself to be humble and crack out sets of one and two reps for a month and watch as you are quickly able to do sets of five, then ten and then twenty reps.

Five sets six days a week. Not a “must” exercise, but they come with my strongest recommendation.

A self disciplined person is a fit person. Start breaking a sweat!

## CHAPTER 6 – TIME MANAGEMENT FOR WINNERS

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If I had to pick the single most important aspect of building self discipline it would be learning how to manage your time effectively and efficiently. It's so important I've dedicated two chapters to its art and science.

First, let's look at why mastering time management is so vital.

Once this sinks in, in our next chapter, I'll share with you my favorite technique to be more productive. I use it constantly, and it can change your life almost instantly.

Let's not waste any time and tackle this important subject...

Here's the big reasons why time management is so important:

**Time is a Limited Resource.** Time management is vital, first and foremost because there's only a fixed number of hours in a day, days in a week, weeks in a month, months in a year and years in your life. When you waste time, you are wasting something that can't be replaced. This is business as usual for most people, but for the person building self discipline it is absolutely unacceptable. Learning how to manage your time makes the most of this limited resource.

**When You Aren't Rushing – You Will be More Effective.** How many times have you not been happy with work you've produced because you were working against the clock? This type of problem usually starts with work and then seeps out into other areas of life. If you don't have enough time for work, then you take time from relationships or from taking care of yourself. The more you need to rush the less gets done RIGHT. Time management skills allow you to work at a pace that makes sure you are able to perform at your best.

**Time Management Cuts Stress.** You should know by know how badly stress can affect your health. No matter how much self discipline you possess if you are constantly

sick, or worse end up in the hospital, you will still end up less successful. Racing against a clock is one of the more stressful things you can experience and that stress can be completely removed with good time management skills!

**Good Time Management Leads to Better Decisions.**

When you are forced to make decisions without enough time to consider all your options, there's a pretty good chance you could miss out on opportunities that could be in your best interest. Showing self discipline in how you manage your time will help you be able to make the best decisions possible.

All these things will be working for you as soon as you break old habits of laziness and lack of discipline. It only takes three or four weeks for new habits to sink in and when your new habit of acting like a winner when it comes to time management starts going on auto-pilot expect to get more done in less time than ever. With a smile on your face.

It will feel like magic. In many ways it IS magic!

In our next chapter, get ready to learn my favorite time management tool of all time. You will be glad you did.

## CHAPTER 7 – THE MAGIC OF THE POMODORO TECHNIQUE

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After experimenting with every productivity technique you could mention (and probably a handful you couldn't) one has shown itself to be worth its weight in gold.

And not just for me. This technique has transformed the work ethic of every single person, man, woman and child I've taught it to. I've never seen anything that works as good. If you have the self discipline to use it expect huge returns.

It's called the Pomodoro Technique. Crazy name, I know, but what's in a name? What we're interested in is real world results and that's exactly what this technique will give you.

### **What is the Pomodoro Technique?**

The technique is a time management tool that not only helps you get more done quickly, it does it in a way that makes sure you are kept fresh and full of energy. This means you not only get more done, but you also get what you're doing done BETTER.

It's easy to apply and use. If you have self discipline enough to use it.

Which you are going to force yourself to have, if necessary, aren't you?

Here's how it works:

**Decide What You Need to Do.** The Pomodoro Technique is something you apply to work projects. The first step towards using it is figuring out what project you are working on.

**You Set a Clock or Watch for 25 Minutes.** The choice of what you use is yours. There's even websites that will serve the purpose. Personally, I use an inexpensive

plastic kitchen timer. Mine cost me just over a dollar. Set your clock for 25 minutes and get to work.

**It Rings You Take a Five Minute Break.** When the timer rings you stop what you doing and take a break for five minutes. It's important you have the self discipline to follow this schedule as precisely as possible.

**Reset the Clock for 25 Minutes and Get Back to Work.** You repeat the 25 minute work, five minute rest schedule three more times. This is a total of four "sets".

**After Four Sets you Take a Longer Break.** When you've completed four sets take a twenty or twenty five minute break. This gives you time to have a snack, go to the bathroom, etc.

Repeat until all the days projects are completed, or it's time to leave work.

Now this may sound simple, but most of the things that work best in life are, so embrace its simplicity.

As long as you follow it strictly you will find yourself a real powerful force in getting things done. And the more you use it, the more momentum you will build. Success breeds success.

Just don't forget, to repeat from our chapter on work – when you are working, work! The whole point is to not let yourself fall into the trap of trying to work while distracted. Even the Pomodoro Technique will fail you, if you don't take it (and yourself) seriously. This is what having self discipline is all about, after all!

## CHAPTER 8 – GETTING YOUR PRIORITIES STRAIGHT

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Every day can be thought of as a new battle in the war to practice self discipline. We've worked on skills that will boost your productivity and that will give you the raw material to work with to produce outstanding results. These will all serve you well, but to make the most of them its important that each and every day you get your priorities straight.

It's hard to meet goals, if you aren't clear about what they are.

And the person who has really “taken control” of themselves needs to set goals and accomplish them each and every day.

This is what helps build momentum and will eventually turn you into an unstoppable force.

Sooner rather than later.

The main tool we're going to use is one that I'm sure you're familiar with. We're just going to use it in a more hard-core and less traditional way.

The to-do list. Something that's mentioned in probably every book on "getting things done" that's ever been written, but usually in passing.

We are elevating the to-do list to the level of being a vital component of your day (and night's) activities.

Here's how...

**Each and Every Morning You Make Your List.** If it's important for you to do, it wins a spot. From work

related items, to hitting the gym, buying flowers for your partner or taking the dog for a game of Frisbee at the park. At a bare minimum there should be seven or eight items. More is better. List these in the order of most difficult to those of lesser difficulty. If something isn't important at all don't put it on your list, since you will be completing everything no matter what. This should take you five or ten minutes so make sure you practice your self discipline and get up on time!

**Get Started Right Away.** Begin, whenever possible, with the most difficult things on your list and proceed all the way down to the least important. Start your list right away, making the best use of your time and energy right after you wake. As your energy starts to level off you will be working on your easier tasks. This is good energy management along with time management. Combine them with the self discipline it requires to take your to-do list seriously and watch your whole life get into order.

**Work Hard Until Your List is Finished.** Many people fail their to-do lists, rather than their lists failing them. If it goes on your list, do it. If you made the mistake to

make your list to long, grin and bear it and correct your error on the next day. This is all about building self discipline and holding yourself accountable. So work hard on your list and don't take the easy way out. The only person you will hurt is yourself.

I'd suggest writing your to-do list on a pocket pad and keeping it with you at all times. I keep mine in my back pocket. Writing a list and forgetting it at home or leaving it in your desk at work defeats its purpose. This should be as important to you getting ready in the morning as putting on a pair of shoes or making sure you have your keys! That's what self discipline is all about.

## CHAPTER 9 – AN END TO EXCUSES

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Building self discipline is all about putting an end to excuses. It's about taking responsibility for your behavior and your life. It's about getting the most out of all life has to offer.

The ending excuses aspect of what we are doing is particularly important. They keep us lazy. They keep us weak. And they can become a way we sabotage our good work, again and again.

It's time to put an end to excuses. Follow these suggestions, and put a stake through the heart of this vampire!

**Take Responsibility.** I've touched on this earlier, but it is a foundation of how you will be rebuilding yourself. In all cases you must take absolute responsibility for the things you do – and even the things that happen to that

you have no conscious control over. When you accept responsibility you take control of your life. Making excuses robs you of your personal power. Nothing is more important than you having the self discipline to take responsibility for your life. Nothing.

**Don't Waste Your Time on Things That Don't Matter.**

When you waste your time on nonsense, it's human nature to respond to productivity problems by making excuses. It's a way for your mind to justify poor decision making. This whole destructive syndrome can be avoided by not wasting your time on things of little importance. When you can look in the mirror and know you are taking life seriously, the temptation to make excuses vanishes.

**Consider Life as a Training Ground.** When you start to regard life as a training ground, setbacks are painted in a new light. They become things that condition you and make you stronger, rather than things to complain or be sad about. This is both a way to get a mental edge and an absolute truth. Adversity is a way to become smarter, stronger, more resilient, experienced and skilled. It's fair to compare how a winner approaches life

to how a champion athlete approaches a game. Excuses are not acceptable.

**Focus on the Finish Line.** Your long term goals are what are really important, ultimately. Your daily “to do” lists and other strategies I've taught you are a way to accomplish those goals, step by step. When you find the temptation to make excuses, there's no better time to think of your long term goals. This helps clarify where you are at, and just how self-defeating making an excuse can be on your journey. Focusing on the finish line can be a huge help in keeping things in perspective.

**Expect Challenges.** Almost nothing worthwhile in life comes without a fight. These challenges should be embraced, engaged and overcome. Where's the sense in making excuses about them? Excuses won't get you anywhere at all. Instead they will send you backwards. Every morning as you begin your routine welcome the challenges life brings. This is the attitude of someone who get's things done regardless. An attitude that shows supreme self discipline!

No excuses. No blame. No regrets. Let's move forward!

## CHAPTER 10 – DISCIPLINED RISK TAKING

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There's reckless risk taking. That's the type of things that those without self discipline do and it usually leads to disappointment and failure. Then there's the type of risk taking that winners with self discipline take. This brings huge rewards and makes the most out of opportunities.

I'm about to teach you how to make risk taking an asset rather than a liability.

**Look Before You Leap.** Risk nothing, gain nothing. It's usually true, but this doesn't mean you should be acting on impulse and not using your head. Over thinking things to the point of paralysis is a big mistake. So is jumping blindly into the lion's cage. Always think over the pro's and con's of your actions before you act. Look before you leap.

**Mentally Rehearse Your Strategy.** When you do take risks the self disciplined approach is to be as prepared as possible for any associated events that are likely to arise. The best way to do this is to go over your strategy and consider what obstacles you could face. Writing these down is helpful for many people too, when “brainstorming”. It's not possible to be ready for everything, but you can be ready for most things in many cases!

**Consult a Mentor.** Experience is a great teacher, maybe the greatest. Self disciplined risk takers contribute to “mastermind” groups where they can ask for outside thoughts on opportunities and risks as they appear. They also do their best to find a mentor who has achieved the goals they are working on. If you can find a mentor and consult him (or her) when you need to. Being humble and accepting you don't know everything is a sign of real self discipline.

**Prioritize Your Risks.** Don't take a risk for something minor that will endanger something major. Knowing how to keep your priorities in order is a “master key” of self

discipline. Your top priorities must always get the most focus, energy applied to them and be protected from risk of things less important. Don't ever forget this.

**Resist the Urge to go All In.** Going “all in” is a risky move in Poker, and even more of a risky move in life. Hardly any opportunity, ever, is worth risking EVERYTHING over. Even a sure thing (remember nothing in life is a 100% sure thing!) There's few things more demoralizing than having built up a great deal of success and then risk it all on something and lose. Most investors suggest never going beyond 20% in a single investment. This is great advice to keep in mind for the rest of your life too.

Never taking a risk is a cowardly way to live life. And you will never be able to see real change following that kind of philosophy. Taking reckless risks is also a destructive path, not for the man or woman with self discipline.

The middle road of disciplined risk taking is the way to go, friends. Take it!

## CHAPTER 11 – EVERYDAY A NEW OPPORTUNITY

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I'm glad we've been able to take this journey towards self-discipline together. There's one last, important lesson to leave you with.

The lesson that can bring light in a dark place is that “every day is a new opportunity”. And the only way to be ready to seize these opportunities is to be willing to take action.

Probably the most vital thing you should be taking action on, is starting to work on what you've learned in this Guide. Immediately.

Delaying on starting to work on self change is to allow a lack of discipline the chance to spread like wildfire. That's the last thing you should want. It's definitely the last thing you need.

There are tips that can help you get off the couch (either real or metaphorical). Pay close attention and put them to work...

### **Commit to Doing Rather Than Reading (or worse)**

**Talking.** Knowledge is awesome. I am an obsessed reader and writer. This doesn't change the fact that it's a poor substitute for action. You can read all the books in the world about lifting weights. If you never lift a weight you will remain fat and weak. You've just finished 95% of a Guide on self discipline. If you don't take action on what you've learned don't expect to be any less lazy at all. When you add action to knowledge that's when the miracles have a chance to happen.

**Quick Action Crushes Fear.** There's nothing wrong with being scared about self-change. It's a natural reaction to going on a path that will transform your life. There is something wrong with letting fear paralyze you. What's the best remedy for being worried? Taking action. When you act you step out of the mental realm and into

the physical. Most of the time, you will quickly see your fears were unfounded. Even if they have a basis it's much better to work out REAL problems than ones that exist only in your mind. These can be impossible to ever find solutions to.

**Embrace Enthusiasm.** You can force yourself to be enthusiastic and if you do, watch out world. More opportunities will not only open, but being motivated to grab them will be much less of a problem too. How do you embrace enthusiasm when you just don't feel like it? Easy. You "fake it until you make it"! If you force yourself to smile and ACT enthusiastic quickly you will actually find yourself becoming enthusiastic! It's a mind secret that the world's greatest self-help gurus like Anthony Robbins and Brian Tracey have used to become successful, both in terms of happiness and in terms of being very, very rich. Follow their example and if you don't feel like smiling, force yourself anyway!

Every day is a new opportunity and that includes today. You're nearly done with our Guide. Get up and start

applying what you've learned! In a few months your entire life could change for the better.

I can't wait to hear your success story about how the new self-disciplined you took life by the reins. I know it's going to be absolutely fantastic!

## FAQ

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**Question:** I really understand almost all your suggestions and I'm putting them into action, but I'm just not the type of guy who has ever exercised at all. Do you think it's all that important I exercise when I'm working on my self discipline? Or is it okay if I skip it and focus on the rest of the techniques from the Guide?

**Answer:** Now I'm not your father or boss, so of course you can modify my suggestions however you like. But ask yourself, aren't you doing the opposite of what you should be doing, by cherry picking what you THINK you need to do to build self discipline and what you don't? A good athlete listens to his coach and does uncomfortable things in the quest to get superior results. I'd advise, unless you have serious health issues, to stick with the program "as is" as much as possible.

**Question:** I get the idea that self discipline and mental toughness come hand in hand. After going through the

Guide what do you suggest as a “graduate school” for building self discipline and even more mental toughness?

**Answer:** There's a great many things you can do once you are in better shape, know how to more efficiently manage your time and become an effective goal setter. It depends on your nature and interests. Clients have moved on to write books on a strict time line, ran ultra marathons, earned black belts and dated models! Set a goal that's measurable and obtainable and use your new skills to meet it. The more challenging the better. Life should never be easy, if you wish to keep yourself at the top of your game.

**Question:** What about fun? You seem to be totally focused on “getting things done” how do you avoid burning out.

**Answer:** Well, most people take Sundays off totally. And this Guide is a kind of “boot camp” to get your life back on track and build self discipline, so keeping that in mind being more focused than normal is mandatory until

new positive habits set in. Have fun when it's appropriate and show self discipline and work hard when it's appropriate. Life is about balance, but sometimes when we need to get our act back together we need to be more committed to self change than recreation. Don't you agree?

**Question:** Is there any "gear" I can use to make things go smoother? I love tech.

**Answer:** I've seen some interesting programs to help with time management or following an exercise program. There's certainly hi-tech gyms you can train at. But really this program is about keeping it simple and giving your all where it counts. Bells and whistles often just serve as a distraction. If you have a clock with an alarm for your productivity technique, a pull up bar, a few notepads and pens and some good healthy food in your house you don't NEED much more. This is about you vs. you, after all.

Good luck and thanks for reading!