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Self discipline means self control, which is a sign of inner strength and control of yourself and your reactions. This skill gives you the power to stick to your decisions and follow them through, without changing your mind, and is therefore, one of the important requirements for achieving success and accomplishing goals.

## *Self Discipline Benefits and Importance*

The Power of Self-Discipline Summary In No Excuses!: Author says that the two enemies which doesn't allow people to get success is laziness, (procrastination) and the other thing that they want immediate gratification: means people don't consider the long-term consequences of the actions they take today, his book NO

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*No Excuses!: The Power of Self-Discipline Summary - SeeKen*

When you master self-discipline, you live a great life. You get more done in less time, and you feel happier, more fulfilled, and more satisfied. Self-discipline, "the ability to do what you should, when you should do it, whether you feel like it or not" is the key to true success.

*The Miracle of Self-Discipline by Brian Tracy*

Self-discipline is not a neat little trait that we can choose to have. It is THE trait for ultimate success. Without self-discipline, everything else falls apart.



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Thus, self-discipline is the key to personal greatness. It is the magic quality that opens all doors for you and makes everything else possible. With self-discipline, the average person can rise as far and as fast as his talents and intelligence can take him.

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move yourself up the ladder of human evolution and become a  
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*No Excuses!: The Power of Self-Discipline | Brian Tracy ...*

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