

Develop Powerful Self-discipline and Self-Motivation: Go From wishful thinking to action and total success!

By Jack N. Raven



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This is a book about self discipline and how to help you turn that wishful thinking and daydreaming to actual tangible plans and actions that accomplish objectives! This is an area that is often overlooked and people in all walks of life really don't have the means or the know-how how to translate that vision into action and results! The concepts laid here can be used for just about any goals that you want to accomplish! Whether it be for personal or business, the concepts are universal and can be applied anywhere! INTRODUCTION THE MAJOR STUMBLING BLOCKS TO GETTING WHAT WE WANT Cynicism Negativism ESCAPISM DEFINITION OF SELF DISCIPLINE PROBLEMS OF VISION NOT TRANSLATING TO ACTION ARE: Lack of organizationinability to set proper goals whether short, medium or long term. Lack of energy or plain laziness to go through the steps or the necessary action going from point A to point B. Not knowing exactly how to go about accomplishing the tasks! Maintenance to keep to the plan. Punishment systems INDIVIDUAL WEAKNESSES INDIVIDUAL STRENGTHS FEAR OF FAILURE FEAR OF SUCCESS Increased pressure Increased security risks FEAR OF REJECTION FEAR OF RISKS FEAR OF MEDIOCRITY DESIGN YOUR REWARDS AND PUNISHMENTS FOUR STAGES OF SELF -DISCIPLINE The decision stage The preparation stage Breaking things into smaller chunks Time management and organizational skills The Action stage Modifying the action plan Measuring performance THE COMPLETION STAGE



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