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I have an excellent degree of control over myself. I can control my thoughts and actions. This control allows me to be incredibly disciplined. I can accomplish more, in less time, than others I know because of these traits.

I have the discipline to do what needs to be done. Whether I need to exercise, have challenging conversations, or perform challenging tasks, I have the discipline to use my time wisely.

Procrastination is a foreign concept to me. I use my time effectively. **My personal productivity is important to me.**

My high level of discipline is a gift. I use it to enhance my life and productivity. I know I can outwork anyone because of my ability to control myself.

Controlling my mind is the key to everything else. Everything starts in the mind. **Discipline is the gateway to good health, happiness, and personal peace.** Wisdom and virtue are mine because of the high degree of control I exercise over my

mind.

I am willing to suffer the challenge of discipline because the pain of regret is far greater. I embrace hard work and discipline. I am willing to do what is necessary to achieve success.

Today, I am committing myself to my future. I am taking steps in the present to secure the future I desire. **I am using my discipline to control my destiny.** I am disciplined and productive.

Self-Reflection Questions:

1. Where could I use more discipline in my life?
2. What would change in my life if I had more discipline?
3. How can I be more productive on a regular basis?