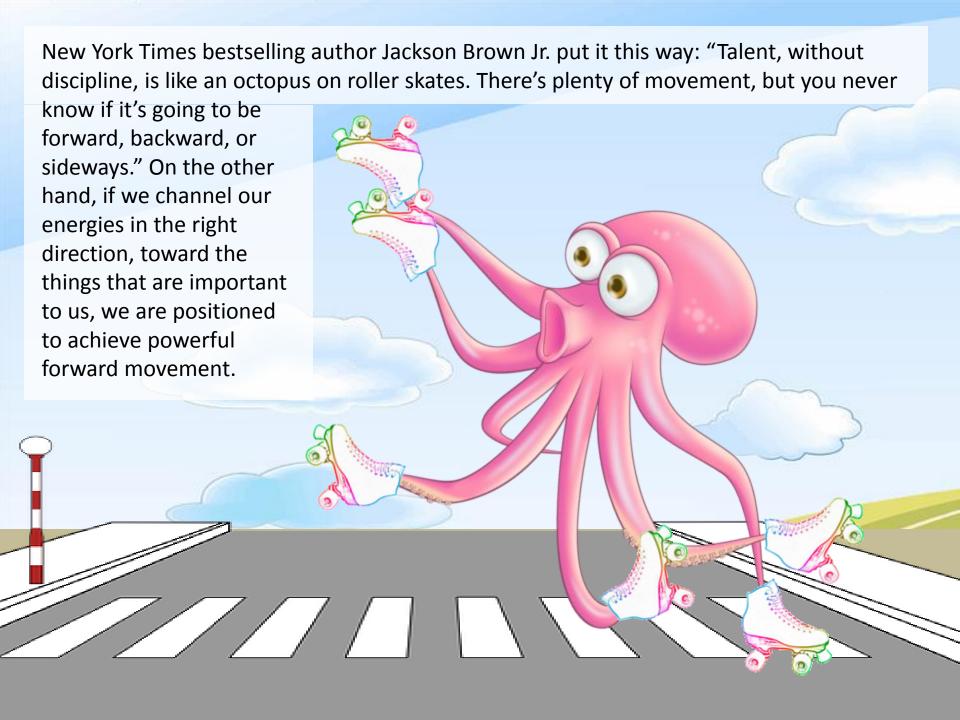
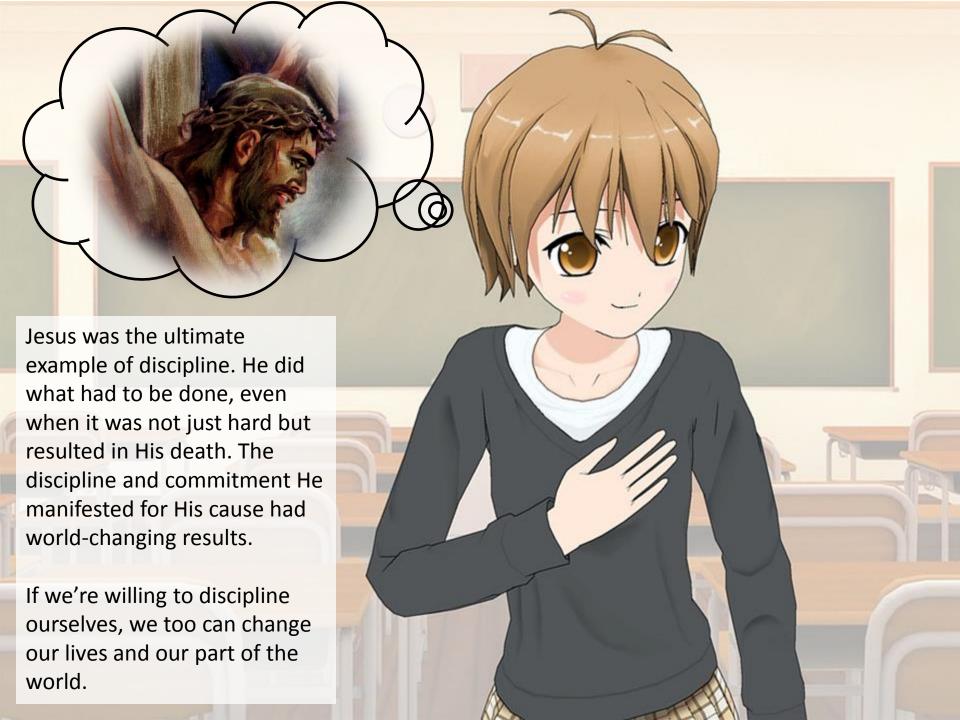


Self-discipline is more than holding back from some things, more than buckling down to do what is necessary out of duty. It is a means to an end. Reaching their goals means so much to them that the effort and sacrifice of leading a disciplined life is almost a nonissue. They are willing to push themselves to the limits of endurance to achieve success. And their discipline clearly shows in their achievements.

Self-discipline is not really about denying oneself; it is, in fact, liberating oneself. Only when you're truly disciplined can you be truly free. When you're self-disciplined, you're able to go beyond things that might have limited you or held you back before.







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