

*"The only person standing in your way is **you**."*

"But the Fruit of the Spirit is LOVE, JOY, PEACE, PATIENCE, KINDNESS, GOODNESS, FAITHFULNESS, GENTLENESS, AND SELF CONTROL"- Galatians 5:22

"Perfection is not just about control. It's also about letting go. Surprise yourself so you can surprise the audience. Transcendence! Very few have it in them."

~"I don't care if this is nuts, and I don't care if it hurts. I'm gonna climb this insanely high mountain. Watch me."

~"Elite gymnastics is like, the navy seals, only harder. There are like 2000 navy seals, there are only like, 200 elite gymnasts. Guess that's because there's kids who's rather have a life than spend 6 hours a day training tricks that could kill you. Don't be fooled by the leotards people, the things gymnasts do make navy seals look like wusses. And we do them without a gun". -Hayley Graham. Stick It

Self-discipline is the ability to resist the temptation to be lazy and to be able to train yourself to improve.

Your goal is to strengthen your self-discipline muscle so that you no longer have to make a choice to focus on your English every day.

It becomes automatic.

## Self-discipline

is a form of FREEDOM. Freedom from laziness and lethargy, freedom from the expectations and demands of others, freedom from weakness and fear—and doubt. Self-discipline allows a pitcher to feel his individuality, his inner strength, his talent. He is master of, rather than a slave to, his thoughts and emotions." — H.A. Dorfman

VERYBESTQUOTES.COM

To be deeply happy,  
you need to face your  
biggest fears because  
where there is fear,  
how can there be  
happiness?

SOMETIMES  
IMPROVING JUST ONE  
PERSONALITY  
ATTRIBUTE CAN 10X  
YOUR INCOME. FOR  
MANY IT IS SELF  
DISCIPLINE OR  
COURAGE.