

Self Discipline

Characters:

I have been avoiding books like the plague since nursing school. I was pretty positive I never wanted to see another book again.

I spend too much time on my phone, I procrastinate, I feel like I am owed down time when I get off work

I have dreams I want to work on, but couldn't find the push to do so.

there is a lot of common sense in here, but it also has a lot of great techniques that can help you get over the mountains placed between you and your dreams.

I thought I knew everything there was to know about self discipline, and boy was I wrong there were many concepts I haven't even thought of I loved the way this book was worded as well the self comparing made

What sets this book apart is its emphasis on not just understanding discipline, but actually putting it into practice.

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I am pretty lax when it comes to discipline

I expected some empty talk about motivation and discipline

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I am retired and in addition have some health issues, I really needed help in this area.

"self-discipline is doing what you have to do, when you have to do it, whether you feel like it or not". When I don't want to do things, or don't even feel like getting out of bed, I repeat this to myself like a mantra

Incidentally, I think this would be a great gift for a young person going off to college or starting a new job. I only wish that I had it years ago.

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logic and straight to the point. He makes it clear that there are no shortcuts to achieving MASSIVE success and if you're willing to take him on as your coach-in-a-book

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Gives the explanation of what to do every day / month / year

Avatar:

Marry

20-35 years old



Has dreams but don't know how to push herself

Scared of losing control of her life

Relax when it comes to discipline

She wants to know her reason for not doing what she already knows she should.

Motionly busy so much, that it affects her actions by doing nothing at all.

She wants to control her life, make decisions & complete tasks

She thinks the book is full of common sense, something they already know abt

She sees herself as lazy and not worthy of her dreams bc of it

She wants to see step-by-step results that will improve her life

----- PAS EMAIL -----

Subject: Put an End to Procrastination NOW!

"I don't like to procrastinate, but I still find myself doing it."

Procrastinating can be challenging sometimes – But is it actually so?

We often daydream about our goals and the things we wish to achieve in life, but when the time comes to take action, we turn to a sheet on the bed.

We tell ourselves that we'll start in 5 minutes, 10 minutes, 20 minutes, or even an hour. And then it happens...

Puff,

"We'll do it tomorrow."

And it goes on like that.

So, how can we break free from this cycle?

Now I invite you to see the *exact* strategies, methods & tactics you can use to improve your Self Discipline. Here are just some that I'll be sharing with you:

- How to effectively plan and complete tasks on time, putting an end to procrastination.
- Fixing to the right mindset by dispelling false assumptions you may have ingrained in yourself.

And much more...

Are you ready to take action, or are you choosing to remain on the bed?

[I'm ready. Give me the steps to ACTIVATE my Self Discipline](#)

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Click here to be the winner!

----- DIC EMAIL -----

Subject Line: Discover the REASON Why You Aren't Achieving Your Goals

There is a reason why you're not taking action on the tasks you know you should be doing.

If these tasks aren't physically challenging, and you are fully aware of the potential consequences...

Then why are you holding back?

It's all due to your thought process at that moment,

I'm not talking about *motivation*,

And I'm *certainly* not referring to thoughts like, "What's for dinner tonight?"

The key point is this...

I've explained how you can **think** in a way that pushes you up & makes your mind work in a way that'll take *action* to complete your tasks.

[Click here to discover the reason behind your hesitation.](#)

----- HSO EMAIL -----

Subject: Little Bit About You & Me...

How do you feel about yourself sitting for hours doing nothing?



Thinking you could've done better today,

BUT all you did is sit down, laying on your couch, watching time to pass by...

Though it's obvious you want to be better with discipline,

That's why you're here after all,

I have blamed myself many times before, for not having completed any of my tasks in the day,

For not even taking simple steps such as getting out of bed on time, cleaning the home, watching less Social Media on my phone etc.

AND,

For not seeing myself as worthy of my dream goals in life,

Listen,

This all happened because I didn't know *how to fix the mess I was in*. So it took time for me to read many books, watch lots of videos & get help from my family to have discipline in my life.

I've tested multiple ways & gathered lots of *information*.

That's why **I'm here today** and was able to write this book to help YOU and many through the experience I had in my life.

I've written all the ways to achieve *dicipline* in my book:

[The Book Of SELF DISCIPLINE!](#)

PS: Take ONE step to be able to take TWO steps. **It's all up to you!**

----- WELCOME EMAIL -----

Subject: You're In!, WELCOME

Hey (name),

Welcome to the DisciplineMe newsletter,

Inside you'll get the steps of being disciplined, new updates about my ebook & many more...

BUT

If you're here today...

Then it's safe to assume you want to improve yourself,

Be more disciplined,

And achieve your goals/dreams.

Congratulations...

You're at the right place,

You might be thinking the ebook *is filled with common sense,*

It's NOT...

Sure there is gonna be some...

BUT there will be also action steps for you to take,

Which leads to my point...

EXPECT to take action,

This ebook is made with a purpose for you to take action,

If you think an ebook will change your life on its own, *you're mistaken,*

I will give you the steps/actions you need to take,

THEN you'll decide what you prefer.

So...wait for the next emails. And absorb every piece of information I'll give you.

I'll see you on the next ride ;)