

SL: Through hard work and discipline, anything is possible

When you move towards your goals and dreams.

You need to apply ***Discipline and Hard work***.

Because without discipline and hard work, your dreams will become your worst nightmare.

Without hard work, you won't make it out of the beginning stage.

And

Without discipline, you will never make it to the finish line.

If you are ready to start working towards your goals.

[The skinny fat solution](#)