

Q WHAT PREPARATION MUST ONE UNDERGO before being able to move with definiteness of purpose at all times?

A One must gain *mastery over self*. This is the second of the seven principles. The person who is not master of himself can never be master of others. Lack of self-mastery is, of itself, the most destructive form of indefiniteness.

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can never be master of others.”***

How true this is! Think of our political leaders who have fallen from grace because they could not control their own behavior. How can we trust them to control ours?

Q Where should one begin when making a start at control over self?

A By mastering the three appetites responsible for most of one's lack of self-discipline. The three appetites are (1) the desire for food, (2) the desire for expression of sex, (3) the desire to express loosely organized opinions.

Q Does man have other appetites which need control?

A Yes, many of them, but these three are the ones which should be conquered first. When a man becomes master of these three appetites, he has developed enough self-discipline to conquer easily those of lesser importance.