

WAKE UP YOUR BADASS WITHIN,
BUILD SELF-DISCIPLINE AND ACHIEVE YOUR GOALS

BADASS SELF-DISCIPLINE



BERGER MCDONALD

Badass Self-Discipline

Wake Up Your Badass Within, Build Self-Discipline
and Achieve Your Goals

Berger McDonald

B a d a s s S e l f - D i s c i p l i n e

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INTRODUCTION

“With self-discipline most anything is possible.”

-Theodore Roosevelt

* * *

It seems we are surrounded by successful people everywhere these days and the majority of them make it look so easy.

It's hard to imagine that people can make a living from posting memes on a Facebook page or sharing pictures of their butt at various angles on Instagram.

How are some people more successful than others? Why do some make more money? Is it possible to achieve success when sometimes I can't even find my socks in the morning?

It all comes down to **self-discipline** - the catalyst to making your dreams a reality.

When we initially think of self-discipline, it conjures up ideas of a meditating Zen monk hiding away in a monastery, or an Olympic athlete spending years waking up before dawn and training every single day until dusk.

Of course, those are extreme examples that perpetuate the idea that self-discipline is impossible to achieve. The good news is that it is very possible. Whether learning to be more frugal with your money, giving up a troublesome vice or addiction, climbing Mount Everest, or remembering you're vegan on a drunken night out just in time to avoid the temptation of a

delicious kebab—with the right mindset, strategy, and system, you can make your goals attainable.

You probably know that everything worth pursuing involves hard work. Hard work takes time and most people give up before seeing any progress.

But not you! You are not those people! You are a badass that won't give up easily, and are ready for getting down instead of giving up.

The fact that you are reading this book only amplifies your determination in getting the results you want, so High 5!

This book is written for you—the badass in dire need of realistic and practical ways to build and maintain self-discipline.

My aim for this book is to wake up the badass within you, so you can achieve any dreams you desire in life. Whether it be losing weight, getting out of debt or growing a beard, just like all the other successful people, with the right knowledge and attitude, you are set to succeed.

In this book you will learn about:

- **The key secrets of self-discipline:** why some people have success, and most do not? It all comes down to a few vital points you will learn in this book.
- **No more daydreaming:** learn how through self-discipline, you can turn your dreams into reality. It doesn't matter if you want to lose weight, improve relationships, own a Mercedes or live on the moon, with the knowledge you will learn, you can do it!
- **Fight instead of fail:** learn why and how your

failures can be used to get out of your comfort-zone and discover the endless possibilities for success.

- **Face fear:** understand the core reasons behind fear and use self-discipline to cultivate the qualities and mindset of successful people.
- **Stand your ground:** learn how to stay focused to your goal despite all the distraction of this noisy world. How to set your own rules, defend them and teach others around you to act according to the rules you set.
- **Discover what happens after success,** and find out how to maintain it. Know the number one enemy that can take your success away, and how to fight back and keep it at bay.
- **And so much, much more...**

If any of the above resonates with you, then congratulations! You are making that critical first step to becoming a self-disciplined badass who CAN and WILL overcome any challenges and obstacles in order to achieve anything you seek in life.

Turn to the next page, and let the journey begin...

CHAPTER 1: KEY SECRETS OF SELF-DISCIPLINE

“The only discipline that lasts is self-discipline.” — Bum Phillips

* * *

What do Richard Branson, Oprah Winfrey and that guy from the Wolf of Wall Street all have in common?

Balls, they all have balls... big ones! Self-discipline takes balls; it's a long process and success is the outcome of sticking with it. Successful people are just that because of self-discipline. It wasn't luck, knowing the right people, or even dark magic from Harry Potter.

Most of us aren't successful because we tend to give up way too easily. With self-discipline, there is no giving up or giving in. When shit hits the fan, we should dance in it rather than hide under an umbrella.

When it comes down to your own personal self-discipline, you have to understand the key secrets that provide the framework to build from.

These key secrets are: the Why, the Commitment, the willingness to expand your Comfort-zone, and learning from the right people.

WHY?

Self-discipline isn't something we are born with; it takes time to cultivate this ability, looking at the external and internal factors affecting our motivation. Everything begins with a reason, and so does training yourself to be disciplined.

There was an interesting story that came out of China. It was about a Chinese man named Liu. Only 19 years old at the time, Liu fell in love with a widowed mother who was 10 years older than him. That was deemed unacceptable by the society they lived in, so they fled and lived in a cave on top of the mountain.

Liu started and continued to hand carve the steps for his wife to go down the mountain. Over the course of 50 years, he managed to build a 6,000 step mountain staircase by hand, breaking a few dozen steel chisels along the way.

He passed away at the age of 72, and when his wife also passed not long after, their love story went viral and touched the world.

How could a small Chinese man manage to carve steps on the stiff mountain, and remain self-disciplined enough to continue over the course of half his life to make a 6,000 step man-made staircase?

When asked, he said his only reason for the project was to keep his wife safe on the steep mountain slope.

What a strong WHY.

If Liu could practice self-discipline, then so can you. Like Liu, in order to build self-discipline in order to reach your goal, you need to have a strong reason.

Maybe your goal is not about building a 6,000 step staircase, but something a lot bigger, such as:

- 6 pack abs
- Swimming with dolphins
- Getting your dream job
- Quit smoking
- Or anything else that involves sweat and tears

What is your WHY? What is the reason behind your goal? Do you want to get 6 pack abs so you can post pictures on Facebook and receive 40 likes? Or is it because you want to have a healthy lifestyle, so you can be there with your family for a long time to come? The stronger the reason, the better it will help you keep going and achieve success.

Self-discipline involves a strong desire to achieve a specific goal, and to fuel it you need a strong WHY. With a strong reason behind your dream, you'll be set with a great start toward seeing your dream come true.

*** * ***

“When the why is clear, the how is easy”
– Jim Rohn

* * *

COMMITMENT

Finding a strong reason is an important key to success. It's the first step—the beginning. Unwavering **commitment** to your reason is a long-term pledge to build self-discipline in order to succeed.

The word commitment sometime carries a negative connotation, yet what people don't realize is that they are making commitments all the time.

You go to work every day, that's a commitment.

You go to the gym, that's a commitment.

You compliment your douchebag boss every time you see him, that's one heck of a commitment.

When you have to commit to something that won't reap rewards in the short-run and it deters you from taking action, that's a commitment.

Johnny was going to get married in 6 months (lucky him). He decided that he wanted to have 6-pack abs to look good for his wedding photos (what a strong reason). And so Johnny started hitting the gym as much as possible. He would run, lift heavy weights, put them down, and then lift them up again. He stuck to a strict diet and stopped drinking booze. And he committed to do it over and over again, 4 days a week for 6 months.

His 6 pack abs showed up on time for his wedding, and he looked fabulous. People were ooh-ing and aah-ing as he proudly walked around like a proud peacock.

One of Johnny's friends, Jimmy, was impressed and thought, *"Well, if that fat ass can get fit then so can I."* So Jimmy started hitting the gym, lifting even heavier weights than Johnny did. But after 3 weeks without seeing the result, Jimmy got discouraged, and gave up in the fourth week, going back to where he started again.

The difference between Johnny and Jimmy was commitment. Johnny was fueled by a stronger reason, and committed to his goal, whereas his friend gave up because he couldn't see the immediate result.

Achieving even the simplest of goals involves commitment. Without committing we won't achieve anything. Self-discipline is not about taking the easy road, but accepting that the long hard road is your destiny.

* * *

Whatever it is you wish to accomplish, you need to know when and how to commit. Here are a few of the ground rules:

- **Don't just get involved, commit!** The beginning is always the toughest; it's a test of your willpower and self-determination. If you are going to really succeed you can't just get involved and do a half-assed job. You need to commit, invest yourself, and sacrifice time and energy. There's no room for laziness and you can't afford to get only partially involved.
- **Treat commitment like a competition.** When you are becoming committed, do it in a competitive way. Think about people you could prove wrong, think about how you could get a 6 pack faster than 6 weeks. Set personal records and beat them over and over again.

- **Never ever give up or give in.** Quitting is an expensive lesson. You invest so much time and energy and when you give up, it is all wasted. People give up because either they want things perfect or they have a history of failures that they never learned from. The more you fail, the less committed you feel and then the less motivated you are. Commitment is voluntary hardship, but there is a reward if you stay on the right path.
- **Choose something bigger than yourself.** If you are afraid to commit before even starting, then it's best to find support or motivation to propel you. Get a personal trainer for the first time you hit the gym or seek guidance from weight-loss enthusiasts instead of a tub of ice-cream.
- **Freedom of the mind.** Once you are fully committed, you will learn that there are more choices to make but you should have a bigger focus to navigate you through. Over time, commitment won't seem like such a massive obstacle, you can apply yourself to anything since you know it will benefit you in some way.

* * *

“Unless commitment is made, there are only promises and hopes... but no plans.”

-Peter Drucker

* * *

Commitment isn't for everyone, but the reason you are making the choice to develop self-discipline is because you don't want to be like everyone else.

Remind yourself that you are the bad-ass who will commit and stay

committed until the end.

*** * ***

GET COMFORTABLE BEING UNCOMFORTABLE

“The more you seek the uncomfortable, the more you will become comfortable”

-Conor McGregor

* * *

Not everyone will ever even contemplate self-discipline because they are so immersed within their comfort-zone. You need challenges and obstacles to become better, otherwise you can't grow as a person. **You need to get comfortable being uncomfortable.**

The comfort-zone is the boundary where you feel comfortable. It is easy to remain there and never come across any challenges; however, you need to break an egg to make an omelet!

Why do you need to get uncomfortable?

While getting uncomfortable on purpose could sound like something from Fifty Shades of Grey, it actually really helps to build your self-discipline in a substantial way. When you are uncomfortable, you are faced with either going forward or running away. The cowards will run away, the badasses will go forward. In order to grow, expect to be uncomfortable.

Joey moved to Thailand to start a job as a teacher. He had never been to Asia before, but after graduating in English Literature he was unable to find a job in his field right away. With a love for travel, he took his chances and flew over to Bangkok.

At first, Joey found living in Bangkok incredibly difficult; with the constantly hot weather, not speaking a word of Thai, and everything was so spicy that his farts would hurt. At one point, he was about to give up and fly back home. But Joey knew that if he was going to make a better life, then he needed to commit himself to learning and developing ways to overcome the issues he was facing.

Learning a new language was difficult, but if he wanted to put a stop to the spicy farts, he needed to buckle down and do it.

He decided to learn a few new words every day, meet with local people and practice speaking Thai whenever he could. In the beginning, it was hard and awkward. Some people ignored him, some laughed at him, and others made fun of his silly, funny accent. But he stuck to it.

After a few months, Joey started to see the difference. He no longer felt uncomfortable speaking the language that he knew very little about. He no longer felt awkward asking people for directions using 20% limited Thai, and 80 % body language.

Things only got better, and in no time, Joey was having a blast in Bangkok. Not only did his language improve significantly, but his body naturally acclimated to the hot weather which kept him from sweating when he was outside. He was able to know what he was ordering, and eventually built up a tolerance for spicy food so profound he could probably snort chili's if he wanted to! Best of all, he got to discover more about the country and made new friends by speaking Thai.

In Joeys' situation, if he hadn't been committed to adapting to the country and culture, he would have found living in Bangkok just as bad as living in his home country. Instead, he committed to changing himself and eventually those things that made him uncomfortable, became comfortable parts of his life.

Now, Joey is very comfortable going to different part of the world, meeting new people and learning new things. What was originally uncomfortable for him is now comfortable, and he widely expanded his comfort zone.

Think of something that you're uncomfortable doing, but deep inside, you know you must do it to achieve your dream. It's time to wake up your inner badass, bite the bullet, get uncomfortable and kick those challenges out of the way.

* * *

“I'm continually trying to make choices that put me against my own comfort zone. As long as you're uncomfortable, it means you're growing.”

- Ashton Kutcher

* * *

LEARNING FROM THE RIGHT PEOPLE

“Once you stop learning, you start dying”

-Albert Einstein

* * *

In the pursuit of finding inspiration and motivation for developing our self-discipline, we often look for role-models for guidance.

The challenge is finding the right role model to follow.

If you wanted to become a millionaire, would you learn the processes from a real-life millionaire who went through all the ups and downs of creating a successful business? Or would you learn from some social media guru living in their mom's basement, claiming to be rich, but in reality making money by selling you LAME advice on how to make money?

If you wanted to lose weight, would you choose to learn from an athletic personal trainer, or from a fat-ass personal trainer who can't touch his toes?

Or, if you want to improve your relationship with your partner, would you listen to advice from your mom who has been happily married to the same person for 40 years? Or would you rather get the tips and tricks from your Uncle Joe on how to win arguments with your spouse, despite the fact that he just went through his fifth divorce?

If you are searching for advice and tips to help you achieve your goals, choosing the right person to learn from is a key to success.

CHAPTER 2: USE D.I.C.K.S TO BUILD SELF- DISCIPLINE

“I think self-discipline is something, it's like a muscle. The more you exercise it, the stronger it gets.”

-Daniel Goldstein

* * *

Building self-discipline is tough because you really have to push yourself.

Assume you are already stuck in a period of hardship, therefore the only options available involve action and self-discipline to keep moving forward.

Fortunately, there are five easy steps you can take to break free of the comfort-zone. They are **Decision, Identify, Challenge, Knowledge and Success**. Or simply D.I.C.K.S for short.

With the power of D.I.C.K.S, you will find self-discipline easier to master than you think.

DECISION

Make a decision to take the first step out of the comfort-zone. That is when you find your strong WHY, and decide that you would do whatever it take to achieve your goal.

This is decision time, and do not neglect this step. As discussed, without a strong WHY, it is nearly impossible to achieve anything.

Just imagine your house is on fire and your spouse asked you to rush in to collect a \$10 bill she left on the kitchen table. How will you respond? “*No Freaking Way!*” Risking your life for \$10 or any material thing just doesn’t make sense. There is no reason to attempt it.

However, if your child is inside the house and the house is on fire, would you step in to save him? Immediately and without hesitations, you would!

In the first case, a resounding “*no freaking way,*” is the way to go, but in the second example, you would do it without hesitation. The house is on fire, and the risks to you are still the same. What has changed? Your WHY.

This is why in this decision time, when you decide to pursue a dream, it’s very important to find your WHY-power.

IDENTIFY

Look at how making the decision will affect you and prepare yourself for it. Remember that any decision you make should involve stepping out of your comfort-zone.

Things you may have initially perceived as risky or uncomfortable usually turn out to be not so bad.

Try to identify ways of seeing and doing things differently that can aid in developing self-discipline to reach your goal.

For example, if you want to write a book, but you often get distracted and spend too much time checking and responding to text messages, put your phone in another room.

If you want to get fit but your friends are lazy and always try to pull you down, spend less time with them. If you find they are truly obstacles to your success, consider 'unfriending' them and spend time with other friends that are passionate about fitness.

CHALLENGE

Feeling slightly uncomfortable? Good, you're moving in the right direction. Be ready for the challenges. This first uncomfortable feeling is only temporary and once you start getting comfortable, you need to step-up the challenge.

Try saying yes to the challenges more often, even when you don't feel quite ready. This can catapult you into a whole heap of new projects or new roles, possibly opening the way to more opportunities.

If you want to be able to run a half marathon for the first time in your life, challenge yourself to get off the couch and practice. Challenge yourself to run 1 mile without break, then 2 miles, then 3 miles, then 10 miles and eventually 13.1 miles.

If you are a shy person and want to gain more confidence around strangers, do what you are afraid of. When you are in a social setting but feel anxious, instead of running away, challenge yourself to stay a little longer until you become comfortable (or get drunk). Next time you see someone you think is sexy, say hello.

KNOWLEDGE

By spending time doing things that make you uncomfortable, you are learning ways to deal with it. You're learning something new and acquiring new knowledge and experience.

The knowledge you learn will set you up for life and guide you through all the challenges, difficulties and failures so you can eventually reach not only the current goal, but others in the future.

SUCCESS

Congratulations, you found your WHY. Now, identify your obstacles, face the challenges along the way, gain necessary knowledge, and overcome the difficulties and setbacks. Keep doing it and victory will be yours!

Acknowledge the success of each step along the way until you achieve your ultimate goal. If you're building a 6000 step mountain staircase, acknowledge the completion of each step you build, and recognize that you are one step closer to reaching your goal.

Reflect on your achievement and remember that in the pursuit of self-discipline, you will have to do this again and again.

THE POWER OF D.I.C.K.S

Now, let's put this into an example so you can see the power of D.I.C.K.S!

Fanny was a chain-smoker for 10 years, had no energy for anything and her house smelled worse than a crack-addict's carpet. Most importantly, after seeing her dad, a long time smoker himself, die of lung cancer, she asked herself an important question. *"Is this what I'm doing to myself?"* At that moment, she yearned for change.

Decision: She decided it was time for a change. And this time would be different. She wanted to quit smoking so she could live longer, be healthier and enjoy the quality of what life had to offer.

Identify: She identified that she smoked whenever she felt bored, and the cigarette was her means to escape the current boredom. Over time it became the addiction and bad habit.

Challenge: Lots of her friends smoked and hanging around with them would also mean being tempted to smoke with them.

Knowledge: She learned what triggered her craving for cigarettes—boredom and smoking friends. She took Yoga classes, and eventually become so passionate about Yoga that she had less time to be bored. She also made new friends in her Yoga class, and eventually spent less and less time with her smoking friends.

Success: Slowly but surely, Fanny began to smoke less and less every

day. She finally managed to persevere and eventually quit smoking with self-discipline. She saved money by not smoking, and made new healthy friends that lifted her up. She is so healthy now she could probably jump over the moon.

* * *

D.I.C.K.S. can help in your everyday life as you gradually develop self-discipline through routine and practice.

Breaking out of your comfort-zone is imperative to success, and when you feel you might struggle, focus on D.I.C.K.S. as much as you can. Tell your friends about how much you love D.I.C.K.S., how you can't get enough of it, and when they are struggling, teach them how to use D.I.C.K.S. as well.

Stepping beyond your safe boundaries and into the unknown seems daunting, however failures and setbacks are a part of life. Try to roll with the punches, poke fun whenever you can, and don't take life too seriously.

CHAPTER 3: BUILDING GOOD HABITS

“Successful people are simply those with successful habits.”

-Brian Tracy

* * *

What do you call a behavioral routine that is repeated regularly and involves subconscious thought?

If you thought of Obsessive Compulsive Disorder aka OCD (like when a person cleans 20 times a day), you were kind of close. It's actually the definition of a habit.

We all have habits, even some that we don't tell people, such as Facebook stalking or actual stalking. These are bad habits, the ones that consist of an undesirable behavioral pattern.

Good habits are positive, desirable behavior patterns, a benefit to your mind, body and soul.

The great Aristotle once said *“We are what we repeatedly do.”* It's true, if we yearn for success we have to build upon good habits.

To build self-discipline is to build good habits that help achieve your goals.

Imagine a man riding a horse, and someone asks him where he is going, to which he replies, *“No idea, ask the horse.”* This is like most of us in our

lives. We're riding the horse of habits, and have no idea where we are headed. We are so caught up in living cautiously that in some cases, it's like we're not living at all.

It's time to take control by being aware of your good habits, so you can move your life in the direction you want to go.

Building good habits is essentially building self-discipline. Good habits seem difficult to achieve, but when you develop a routine and practice over and over, it becomes natural.

Do you know people who have good habits? They are typically successful people.

Could you imagine Richard Branson stuffing his face with junk food before bed, or Hilary Clinton smoking a big fat joint before a meeting?

All successful people have good habits. That doesn't mean they don't have bad habits; they do, like all of us. But the difference is they have lots of good habits that contribute to their success. Successful people are not more intelligent than you and me, or anyone else, but they have good habits that help them to be more informed, more knowledgeable, and more skilled so they can be prepared to go in to the direction they want to go.

Say you want to get fit. You need to introduce good habits, such as eating healthy, getting up early, going to bed early, exercising regularly, or taking a class, maybe in twerking.

If you want to travel the world, you need to practice good habits such as spending less and saving money, by avoiding temptations, or giving up things such as buying expensive Starbucks coffee.

If improving relationships with the people around you is your goal, then

you can practice good habits of listening, complimenting, or encouraging others.

The same concept applies to anything else you want to achieve in your life.

PRIMING YOURSELF

Building good habits is paramount to maintaining success, especially at times when motivation is amiss and you find yourself back to square one.

This is where **priming** comes into play.

In scientific terms, priming is activating particular associations or representations in the memory before carrying out a task. For example, a person who sees the word 'green' will recognize the word 'grass.'

Priming is a technique you can use to train your mind in positive ways. Think of it as a way to reset your mind and body, with the output in the form of motivation and inspiration. Motivation and inspiration are what makes self-discipline easier to continue.

We are conditioned to expect results immediately. This is the main reason so many people fall into shortcut scams online such as getting 6-pack abs in 7 days for only \$19.95. When we don't get results, we become frustrated and look for other forms of instant gratification. When we don't get those 6-pack abs in 7 days as promised, we're frustrated and in order to release our stress and frustration, we are tempted to go grab a deluxe pizza and a beer.

Well, you know you can do better. How about we condition ourselves by our choices and actions? The best time to do this is when you wake up. Try spending a moment to visualize the following things before starting the day-

- **Gratitude** – Acknowledge the small things in life you are grateful for, such as a sunny day, being healthy, or even having fluffy kittens. Think about something big too, like one of your recent biggest achievements.
- **Strengthen** – Imagine your body and mind as powerful tools to help you further your goals, you could scream “*show me the money,*” too.
- **Goals** – Imagine three possible outcomes you want to achieve, and envision them as already completed.

These are very simple daily morning routines that can easily take under 5 minutes, the same time you might usually spend checking messages on Facebook or Twitter, but in the simplicity lies the power that can transform your life.

COMMON BULLSHIT EXCUSES AND WHAT TO DO ABOUT THEM

“I’m not sure of my goals.”

Priming solution: Watch a motivational video, watch several. Make notes, read those notes, apply them to your life and define your goals. Get used to learning, get used to becoming focused, and stop lying to yourself. Books are a fantastic way of filling your mind with hope, transforming insight into action, and dreams into strategies.

* * *

“I already have a load of stuff to work through.”

Priming solution: Declutter your mind and environment. Have a look around, if you see mess, attack it. Your unconscious mind processes that there is junk everywhere which leads to you always focusing on it. You don’t need to go OCD with a toothbrush, just get rid of things that are distracting you.

Get your shit together, put it into a box, and leave it next to your neighbor’s house as a present. You will feel so liberated. Low self-esteem has often been contributed to materialism, the sooner you live a more minimalistic life, the less things will be distracting you and the less you’ll need to worry about.

* * *

“Everything seems to be going to shit today.”

Priming solution: It’s one of THOSE days when your only pen won’t work, your computer is running slow or your clothes are tearing at the seams. Each of these small instances can have a huge impact on your motivation and thus, self-discipline. Instead, try to consciously start making small improvements to everything in your life. Buy a new pen, get your computer up to date, and buy a larger jar of coffee.

*** * ***

“I get so easily demotivated.”

Priming solution: A significant contributing factor to this is usually based on what is influencing you day to day. Are you reading newspapers or watching the news constantly? Are you spending time with negative people? What are the main websites you regularly look at?

If you look at these factors, you might notice a pattern, or the use of negative words that ultimately bring you down. The words you hear are priming your mood, your thoughts, and indirectly are affecting your motivation.

Change what is influencing you and you will see a change in your mood. Spend time with people who lift you up. Stand on the shoulders of giants and try to live vicariously through some of your biggest heroes. Read inspirational quotes to squeeze out any negative feelings, and use them as mental mantras.

*** * ***

“I don’t have the energy today.”

Priming solution: We all have days like this when there is a load of things we wish to accomplish, but physically, we are tired and frustrated. Try

these tips to energize yourself:

- Take a walk outside to reset your mind
- Do some yoga
- Try some breathing exercises
- Drink coffee
- Twerk
- Have a little nap
- Do a little karaoke in your living room

* * *

“I get stressed when I try doing something”

Priming solution: At the beginning of developing self-discipline, this is always a common problem. You think about all the things you need to accomplish, your mind goes adrift, and you become stressed even before the hard work is put in. To prime yourself, consider trying mindfulness or taking a moment to step back and remind yourself of how far you have come and where you plan to go.

* * *

“I don’t know where to begin.”

Priming solution: Start by getting inspired, read stories about personal

transformations, successful people who won against the odds. Nothing is more inspirational than reading blogs or watching movies where you think at the end, *“Yes, I can do this.”*

Another possibility is building a vision board as a way to see your desired future. Use pictures and images that represent how you want to live your life. What do you want to spend more time doing? What do you wish to learn? What can you develop as additional skills? Use these prompts to make a collage and create a vision.

Eventually through the magic of self-discipline, you will almost instinctively know what to do to get the wheels in motion. Self-discipline is all about maintenance, rather than finding easy quick-fix solutions.

CHAPTER 4: STAYING COMMITTED

“There's no abiding success without commitment.”

-Tony Robbins

* * *

Kathryn Stockett was an aspiring author who spent five years completing her debut novel titled, “The Help”. Everyone knows about the infamous book and award winning movie, but do they know Kathryn was rejected 60 times by literary agents?

Kathryn spent so much time and effort on writing and researching her book, and refused to stop when faced by so many obstacles. Her level of self-discipline and commitment is what every person should strive for.

Kathryn used good habits to help her reach her goal, and stayed committed despite having so many hardships and difficulties. She had a set word count goal to write for every day, she had a set schedule to contact people for research about the book, and she continued to keep asking friends and family for feedback to improve her writing. She wanted the book to sound authentic so she wrote it in the Mississippi dialect that her characters were from.

After facing so many rejections, she kept going. Kept using the same good habits over and over again, improving and perfecting them each and every step of the way. Eventually, her book went on to sell 10 million copies worldwide and it was translated into 42 languages.

Understand that during the start of committing to your goal, you will

have a lot of passion, energy and enthusiasm. But as life goes on, and you feel like you aren't seeing any progress or results (since we are conditioned now to instant results), everything will feel like a waste of time or at a standstill. The only difference between successful people and unsuccessful people is **commitment**. Successful people keep going when times are tough. They keep pushing when others give up.

KEEP HITTING THE ROCK

Imagine you use a hammer and hit a big rock just one time; nothing is going to happen, right? You keep hitting it. Still nothing. You keep going and hit it 4999 times? Still nothing. All of your time, energy and effort are wasted. Time to give up? Not quite, on the 5000th time of hitting, the rock broke into pieces. Success.

Even when you don't see anything in the moment, with every hit, the inside particles of the rock are moving. You know that if you keep hitting, the rock will eventually break. So you kept going.

If your friends witnessed the moment you hit the rock when it was broken into pieces, they would think you had a super power, or they would think you got lucky.

If they made a video and posted it on social media, it would go viral and you would become a superstar, and they would think you just had an overnight success.

But success is never luck, nor overnight. What they didn't see was that you hit the rock each and every day, whether it was rainy, sunny or snowy; whether your friends were out having parties, eating pizzas or drinking beer, you kept on hitting the rock.

The bad-ass within you wouldn't allow you to give up until you reached the result you wanted. That is essentially self-discipline; commitment to seeing your final results. It doesn't matter if you used a hammer, sledgehammer or a spoon, staying focused and disciplined is how you will reap rewards.

Feeling discouraged, and wanting to quit many times along the way is completely normal.

You can go back to working a shit job where you could be replaced in seconds.

You can allow yourself to get fat again and upload old pics on your dating profiles.

Or you can stay committed. Keep hitting the rock, time after time; knowing the breakthrough is just a few hits away.

What is the big rock in your life that you always want to break? It's time to take out your hammer, or a sledgehammer, or a spoon, or whatever, and build a habit of hitting it every day, and stay committed to it.

SYSTEMS HELP ACHIEVE YOUR GOALS

Generally, when anyone accomplishes a goal, there's a feeling of accomplishment, they might do a little dance or reward themselves with eating an entire cake in one seating.

But wait, now what?

Johnny exercised hard to look awesome on his wedding day. He ate healthy for 6 months, got those 6 pack abs and looked like a star on his wedding day. He achieved his goal. Now what? Does he goes back to eating junk food, and watching TV all day? The answer is no. He will not. He's already got a system of using good habits, and he's already feeling COMFORTABLE to exercise on schedule and eat healthy foods. His new goal now is to be fitter and live healthy for the rest of his life. And his system is already built to help him achieve this goal forever.

A system is the deliberate process of making steps towards achieving your goal.

So, what's the difference between goals and systems?

- If you were a writer, your goal is to write a book. The system is having a daily, weekly, monthly and yearly writing schedule to follow.
- If you were a runner, your goal is to run a marathon. The system is the daily, weekly and monthly training and

resting schedule.

- If you were an entrepreneur, your goal is to build a multi-million dollar business. The system is the sales funnel, marketing strategy, human resource, and operation procedures, etc., to help you get there.

Your goal is the destination. Your system is the process, the vehicle to help you get there. Without the vehicle, you will never reach your destination. Without systems, goals will just remain goals.

* * *

One important part of developing your system and good habits is a feedback loop; this allows you to keep track of many different things without the pressure to predict what is going to happen. You don't need to predict the future when you build a system that can signal when you need to make adjustments.

A feedback loop could just consist of spending 10 minutes near the end of the week to review your progress, to see what is working and what is not. Wherever there is a problem, you can identify it and brainstorm ideas to resolve it. For example, if you were trying to quit smoking, you can review instances where you may have been tempted to smoke, and consider alternatives to prevent it from happening again.

BECOMING THE MASTER OF FAILURE

“It's fine to celebrate success but it is more important to heed the lessons of failure.”

-Bill Gates

* * *

Mastering self-discipline isn't going to happen overnight. There will undoubtedly be mistakes, set-backs, and unforeseen circumstances. As much as you want to achieve your goal, remember that failure is a consequence of success.

So, instead of hoping for success, learn to anticipate failure. The more you adapt yourself to dealing with failure, the better you can bounce back and keep on going.

Don't believe me, let's look at a few famous people who failed miserably:

- Walt Disney was told by his editor that he “*lacked imagination and had no good ideas.*” Walt failed many other businesses before the premiere of his movie, Snow White, which made him an international star.
- Oprah Winfrey was fired as an anchor in her first television job; apparently she was “*too emotionally invested in her stories.*” Didn't let failures defeated her, she kept going and is now worth \$3 billion.

- Steven Spielberg was rejected by the University Of Southern California School Of Cinematic Arts multiple times. He then went on to create the hit movie, Jaws, in 1975. He's won three Academy Awards, 4 Emmys, and his movies have grossed more than \$9 billion.
- Colonel Harland David Sanders was fired from loads of jobs before founding a fried chicken empire. He traveled across the U.S. in search of someone to sell his fried chicken and managed to get a business deal in Utah. KFC is now the most recognized fried chicken franchise.
- Albert Einstein had a difficult childhood with problems in communicating and learning. He went on to win a Nobel peace prize.
- Fred Astaire was rejected in his first screen test, the executive wrote, "*Can't sing. Can't act. Slightly balding. Can dance a little.*" Fred went on to become a Hollywood and Broadway legend.
- J.K. Rowling was a single mom living off welfare when she began writing the first Harry Potter novel. After so many failures, she went on to become the first billionaire author in 2004.

What do all the successful people above have in common? They all failed many times before they could succeed. You see, you aren't the only person out there who has failed.

Nothing can ground you more in reality than when facing a problem or addressing the worst-case scenario. Preparing yourself for anything and everything can soften the blow. By challenging your thinking, you can figure out some robust strategies.

Anticipating or preparing for failure, you will see the benefits such as:

- **Improves planning:** Which is better, to have a string of successes followed by a brutal failure, or several problems that eventually lead to success? Predicting potential failure highlights any weaknesses in your planning process.
- **Boost confidence:** When you anticipate failure, you can focus your attention on any potential weak spots. Over time, your skills in problem-solving will strengthen and you can identify ways to find solutions. You might even be able to catch mistakes before they happen and avoid the frustration altogether.
- **Facing fear and facts:** By facing fear and facts, our willpower is forced out like squeezing a tube of toothpaste. If you want to break free of feeling frustrated, you must face the possibility of failure. And if you hit rock bottom, the only way is up.
- **Resilience:** Failure presents a good outcome of lessons that you can learn, sometimes even fresh opportunities and new resources. Failure is only final if you give up.
- **Creativity:** Failure creates constraints and limitations, to overcome these obstacles you must utilize your creativity to succeed.

Failure is inevitable. If you want to achieve a big goal, then you WILL fail so many times before reaching that goal. There is no way around it. All you can do is accept it. Fail faster. Get back up and learn from it. Then fail again. Fail forward until you reach your goal.

CHAPTER 5: BAD HABITS

“Your net worth to the world is usually determined by what remains after your bad habits are subtracted from your good ones.”

-Benjamin Franklin

* * *

What comes to mind when we think of bad habits?

We all have bad habits. Some are harmless, but some are really harmful to your future success or achieving your goal.

Biting toenails? Playing with your hair? Picking your nose? Yes, they're bad habits. But other than making you look ridiculous, they do not do any other harms. (Unless of course you were a news anchor picking your nose and got caught live on TV.)

Bad habits are negative behavior patterns that you may or may not always be conscious of committing. Bad habits can prevent you from accomplishing your goals and thus stunt your self-discipline.

The dangerous bad habits are the ones that naturally replace your good habits, sometime without you even noticing. Those are the bad habits that derail you from achieving your goals and reaching your dreams. They are the ones that will overtake your good habits if you're not careful.

It's very easy for bad habits to replace good habits because they give us instant gratification.

Johnny, after getting his 6 pack abs, decided to reward himself by having a full deluxe pizza, followed by 6 scoops of ice cream for desert. The next day, nothing happened. He still had his 6 pack abs. So he decided to have a double cheese burger for his dinner the next day.

“Just one more time, nothing will happen,” he thought. And there was a couple of another *“one more times”* after that as well. Fast forward to a month later, his 6 pack abs are fading away, hiding behind his newly formed belly fat. What happened? Johnny was replacing his good eating habits with the bad ones. And like good habits, the end result of the bad habits is not immediately noticeable. Until he noticed, he was back to his fat belly once again.

Remember, bad habits are easy to do. Good habits need self-discipline to keep.

It’s much easier to sit and read tacky gossip magazines than reading inspirational books.

It’s easier to spend time watching videos when you need to write notes for your next book.

It’s easier to eat a cake when it’s on sale and you think, *“Well, it’s only once.”*

You’re facing two choices: keep doing the good habit, or it will naturally be replaced by the bad one. There is no way around it. That is where self-discipline comes into place—to keep your bad habits at bay.

Below are the strategies I used to eliminate the bad habits.

FIND YOUR TRIGGER

So if we know that bad habits are bad, why do we keep doing them?

The first step is to recognize why you have the bad habit. What is the reason or belief behind your bad habit?

- Do you find yourself often getting into nonsense arguments when you're around certain people?
- Do you get drunk because your friends are extremely boring?
- Do you feel like you absolutely must have a beer when you have a certain type of food?
- Do you tend to sleep in until noon on Saturday mornings because you have no exciting things to do?

When you know what your triggers are, removing the trigger will help you remove the bad habit.

FIND THE SUBSTITUTIONS

I used to love eating tortilla chips when watching TV, and when I realized it was not the junk food that I was addicted to, but the crunchy sensation chewing the chip in my mouth, I opted for crunchy carrot instead. I now no longer need tortilla chip while watching TV, but still have the crunchy sensation in my mouth and am being healthy at the same time.

Sometime when it's not feasible to just eliminate a bad habit outright, substitution is a great strategy. Instead of going cold turkey, you can try to replace a bad habit with a healthier one.

If you have the bad habit of drinking too many soft drinks during the day, try first to replace them with carbonated water. You can add fresh limes, oranges, etc. When things get easier, you can begin to introduce plain water.

If you have a bad habit of biting your toenails, next time when you're with your friends, try to substitute your toenails with theirs instead, and they will help making sure you eliminate this bad habit altogether.

JOIN FORCES

Need motivations? It would be easier to find someone to pair up with and motivate each other.

If you want to quit smoking, find someone that has the same goal, and hold each other accountable.

Celebrate each other's victories, as there's nothing greater than having someone who expects you to become better.

CHANGE THE ENVIRONMENT

Bad environments could cause bad habits. If you sit in your bedroom and do your work, you might feel more compelled to lie on your bed and have a nap. Move to another room, go to a coffee shop, or a library and get the work done.

Surround yourself with people who live the life you dream of. You don't need to get rid of old friends, but don't underestimate the power of the new ones. Jim Rohn once said *"You are the average of the five people you spend the most time with."* If you spend the most time with friends who are working out, talking about healthy nutrition and fitness all day long, and they all have 6 pack abs, do you think you will be able to maintain a fat belly?

CLEANING IT UP

Literally, remove anything that causes your bad habit from your house. If you want to stop eating ice cream, throw your ice-cream in the trash can, and stop buying it.

Imagine after a long, stressful day at work, you go home tired and hungry, craving something sweet. When you open the fridge and see the ice cream, would be you able to resist? Despite how self-disciplined you are, you wouldn't be able to say no when you are weak and tired. Don't let yourself into this situation. Quit eating ice cream starts at the grocery store.

NO MORE BUT

On the road to self-discipline, there is a lot of use of the word “*but*.” More but than a nude beach in Brazil. We use the word a lot during self-talk and self-doubt, trying to weasel our way out of commitment and jump into the warm embrace of instant gratification.

Instead, try to think of the positive outcomes that await, and replace “*but*” with “*I can do this*.”

Try to become more aware of your bad habits so that you can deal with them better. Think about:

When does your bad habit actually happen?

How many times do you do it each day?

Where are you?

Who are you with?

What triggers the behavior and causes it to start?

By tracking how many times per day a bad habit occurs, we become more aware of when it happens. This can help us come up with solutions to implement and replace the bad habits entirely. Though understanding that most bad habits are caused from stress and boredom, outside factors such as triggers should also not be overlooked.

* * *

“The difference between an amateur and a professional is in their habits. An amateur has amateur habits. A professional has professional habits. We can never free ourselves from habit. But we can replace bad habits with good ones.”

-Steven Pressfield

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CHAPTER 6: STAND YOUR GROUND

“Be sure you put your feet in the right place, then stand firm.”

-Abraham Lincoln

* * *

I remember one beautiful Friday afternoon, when I was about to finish an important task of the day, ready to head out to meet my friends for a wild party that night to recharge after a long, exhausting work week. It was 4:59 PM, and my workaholic boss came in with a stack of additional work, asking for the ‘favor’ and insisting that everything must be ready Monday morning. My Friday night was over, and my planned weekend was gone.

At that moment, I decided to stand up, and I declined. I politely told him I already had plans for the night, and the weekend, and promised to give him 110% of my attention on Monday morning, when I was back to work. But when I was off of work, I had my private life and obligations that I needed to take care of.

It was an awkward moment, and I finally headed out for the party. It continued to be a bit awkward for a few weeks afterward with him, but the end result was what really shocked me. He never asked me to do last minute work on a Friday night, or a weekend ever again.

He was a workaholic, and worked very hard all the time. He still asked others to work on weekends whenever he felt the need. But he never asked me. My co-workers had no idea, and asked all the time, *“Why is that? Is he afraid of you or something?”* No, he just knew I wouldn’t tolerate working on the weekend. I trained him to follow my rules!

Do you have a friend who is always late and seems to find bullshit excuses again and again? Next time, if he doesn't show up on time, after 5 minutes, leave! He will never be late with you again. He might still be late with everyone else, but not you.

Do you have a co-worker that always seems to annoy and insult you in front of everyone during heated debates in meetings? Next time, come to him privately and firmly tell him it is not okay for him to act like that. See what will happen. He might still be disrespectful toward others, but you'll notice he'll be a lot more careful with you.

Making sacrifices is essential to achieving success and part of making the decision to cut your losses is learning to stop tolerating the shit people throw at you and stand your ground.

What are you tolerating way too much of in life right now? What is keeping you from achieving your goals? Now is the time to stand your ground, defend it so people will learn and follow it.

When you let people know your rules, defend your rules and train them to follow the rules, life will be a lot easier for you, and for them.

Here's a few common issues people spend too much time tolerating:

- **Dishonesty:** Why tolerate friends who are always late or never even see you? Why keep up with a partner who always lies to you? Time to show them your way, or the highway.
- **Disrespect:** When you are trying to make improvements in your life, you deserve respect for doing so. If there is anyone in your life that shows no regard or behaves in a rude manner, cut your ties with them.

- **A shit job:** Your shit job isn't forever if you CHOOSE that you don't want it to be. Your boss might try and give you loads of last minute work on a Friday night, but, stand up and say good night to him.
- **Inaction:** Never ever tolerate inaction. Choose to seize opportunities and make progress. Winners focus on winning, losers focus on winners.
- **Peer pressure:** You aren't a teenager anymore! If friends, family or co-workers can't respect your decisions, then they aren't worthy of your time.
- **A routine life:** Do you really want to settle for a monotonous routine life? When the only exciting thing to talk about is the weather? Hell no! Some people die at 25 but don't get buried until they are 70.

Essentially you are what you tolerate; real progress comes in adapting to a new way to thinking and thus empowering yourself. Standing your ground and becoming a dominant, unrivaled superhuman takes a little practice.

Can you remember the last time you had to make a difficult decision, when you were forced between choosing the 'easy' option or the 'right' option? Did you take the easy choice to prevent a confrontation, even though you had a different opinion; or did you pick the right choice and stand your ground like the badass you are?

CHAPTER 7: FOCUS ON THE RIGHT THINGS

“If you have more than three priorities, then you don’t have any.”

-Jim Collins

* * *

Ever heard about the Lion Syndrome?

You’ve probably seen lion tamers that used chairs all the time, and pointed the legs at the lion to make it behave? Why was that? Was it because the lion was afraid of the...chairs?

The answer is NO. Lions are like us. They get overwhelmed by so many things going at once. They’re being distracted by the four legs of the chair and didn’t know what to do. And it was enough to make the king of the jungle act like a cute little pussy.

BE GREAT AT JUST ONE THING

If you're focusing on so many things at once, you're focusing on nothing. You'll be a weak pussy, despite the fact that you're a lion. In order to wake up that badass lion within, focus on a few things that you are best at. And it's perfectly okay to suck at most everything else.

Was Steve Jobs good at playing tennis?

Was Andre Agassi great at playing golf?

Was Tiger Wood best known for running an innovative tech company?

Successful people are only world class at one thing. Some may be great at two or three, but never more than that. Like many successful people, you can only be good at ONE thing. Focus on that one thing and make it great.

Would you rather be like Steve Jobs, or Tiger Wood, and be world class at one thing? Or would you rather be mediocre at best at everything, and live a mediocre life?

What will you be world class at? What is the one thing that matters the most to you? You will be able to achieve your dream when you focus all your energy, attention and talent to become the best at just that.

WHAT TO DO AFTER YOU REACH SUCCESS

You did it! You avoided temptation, you learned from failures and you achieved your goal AND hopefully it didn't take 90 years. Invite all your friends and family round and show them just how successful you are by offering a cheeseboard and a glass of wine.

Most of us never think so far ahead about what to do when success is reached, we haven't really figured out what's next. Well, you could lie back, put your feet up and stop pushing yourself, but you will quickly become lost, bored or with no direction.

So what should you do?

- **Stay humble:** After all your hard work, it's easy to be led astray and become a bit cocky or arrogant. Haters obviously deserve to have it rubbed in their face, however, if you don't remain humble, there is always the possibility of losing friends, family, supporters, and even your success.
- **Set bigger goals:** If you are already content with your success, why stop there, the next one will be much better. If you could achieve a huge goal once, you can definitely do it again.
- **Work harder:** Reflect on all the skills and knowledge you have accumulated through all your hard

work, failures and self-discipline. Use those skills and knowledge to get you to the bigger goals and be even more successful.

- **Ignore haters:** There's going to be backlash and jealous people who will criticize you over anything. Think about internet trolls or fake friends. You are going to hear the meanest nastiest stuff you can imagine but they don't have much going on for them. Use your energy and time effectively and don't even give haters the courtesy of your acknowledgement that they even exist.
- **Share lessons and experience:** Getting everything you ever wanted is great, but if you can help others to grow and achieve greatness, then this is creating a legacy. You should always try to pass on vital lessons and inspire others; this can also retain your own motivation. Leaders don't create followers, they create leaders.

CHAPTER 8: TO GIVE, OR NOT TO GIVE A FUCK

“You hate me? Well Okay. Grab a chair and wait for me to give a Fuck”

-Unknown

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The self-discipline mindset, once attained, is a powerful driving force. When others ask, *“How did you become so successful?”* and to which you reply, *“Self-discipline, baby,”* they won’t see the many failures or dedicated time involved.

When you think of self-discipline now, it’s a collection of things that cultivate the mindset needed to reach your goals.

In order to be successful, as discussed in the last chapter, you have to focus on the right things. There are just so many things going on in this world, and from time to time, it can become challenging to know exactly what to focus on, and what to not give a fuck about.

This is why knowing when to give a fuck, but most importantly, when and how to not give a fuck became an essential factor in order to build self-discipline and conquer challenges in your life.

I’ve addressed in great detail how to not give a fuck in my book, **“Secrets of Not Giving a Fuck.”** Talking about how to not give a fuck is not in the scope of this book, but for illustrative purpose, let’s look at an example, and see the difference between when you do give a fuck, and when you do not.

Let's say one more time that after so many years, you finally found your strong reason to be healthy. You decided to get fit, and you decided to do Yoga.

You probably hear a lot about Yoga these days? They somehow manage to work the word yoga into every sentence. People will tell you about the best yoga mat and the best yoga positions and the best yoga studio. I'll bet you're already tired of hearing the word yoga. Don't become a yoga snob.

On the flipside, however, Yoga is pretty good for you. You learn new phrases like downward dog, and you can avoid buying a lot of expensive fitness equipment. But most importantly, it is fun, and it can help you pursue your ultimate goal – getting fit and being healthy. Yoga will definitely make the process of getting fit much easier for you.

Your first Yoga class will go something like this; you'll lie on the floor and just inhale and exhale for a couple of minutes. You will be thinking of how great it is, and you'll be tempted to have a nap.

Then out of nowhere, you'll suddenly, um, 'let one rip,' then spend the next minute trying not to make eye contact with anyone, pretending it wasn't you.

Just when you think it's clear, the instructor will look right at you and say, *"It's okay, you should let it out."*

At this point, you're facing two choices.

When you DO give a Fuck: You are finished with yoga and will never return. Back to your couch eating chips, watching TV all day, and staying fat. You tried your best, but the instructor made it impossible for you to return. Not your fault. After all, your self-esteem is more important.

When you DO NOT give a Fuck: You laugh it off. You look the instructor straight in the eyes, thanking her for the encouragement and insisting that you plan to “let it out” again at the next session. Yoga is great and you ain’t quitting. After all, she may be the one to quit.

Life isn’t always easy, unless of course you are an Instagram travel blogger who only pretends that it is. But life can be easy when you know when and how to not give a fuck.

I encourage you to get a copy of **Secrets of Not Giving a Fuck**, and find out for yourself. It is not just a self-help guide, it’s a self-awareness strategy, to teach you that instead of spending hours, days, and weeks worrying about so many things, you can choose to simply not give a fuck.

FINAL WORDS

THANK YOU! The time you spent reading this book means a lot to me. Time is crucial and not returnable nor renewable, so giving me your time is really an honor. I thank you for trusting me with it.

It's my hope that after reading this book, you should feel inspired, motivated and, most importantly, ready to be self-disciplined.

You should be ready to define the reason why you seek to make a change in your life, and understand why so many others fail due to commitment issues.

The comfort-zone should no longer even be a zone, and you are able to happily skip through it like a happy child in a field on a summer's day.

Appreciating how far you have come and being grateful for what you have will only reinforce your focus on achieving success, and people will start to notice how you changed and how unrecognizable you are.

You should have started to instill good habits and replace bad ones. You know exactly what to do when you need an instant burst of motivation or if you need to organize yourself so you don't get sidetracked.

Diet plays a major role in your physical and mental health, so aim to eat healthy food as much as you can, add in a little exercise or go for a walk to clear your mind.

Hopefully, you have figured out how to use a system to support goals and you are not only unafraid of failure, but you also anticipate it, knowing it can provide important lessons.

Nurturing your self-discipline mindset involves actively seeking new challenges and expanding on your comfort-zone. You are no longer a perfectionist or a procrastinator.

THIS IS THE TIME

Are you living the life that you dreamed of? Are you at where you wish you would be right now?

Do you think you should have been healthier, richer, having more friends, having better relationships, or living a happier life than you do right now?

If so, this is the time...

People more often than not, keep doing the same things over and over, day after day, year after year, yet expecting different results...

Are you that person?

I am sure you are not...

No matter what happened last year, last month, or yesterday; today you still have a spotless future...

Maybe you had a shitty job, maybe you suffered from serious health condition, maybe you were not happy with your partner, or maybe you did something to someone that you now regret...

However, no matter what your past was, your future is still blank...

What that future would be is completely up to you...

You can draw a completely different picture of your future, today!

If you read biographies of any successful people, there was always a turning point in their lives when they made a clear and revolutionary decision that from that moment forward their life would never be the same...

And from that defining moment, they went on to pursue success and never looked back...

Some made that decision when they were a kid, some made that decision when they were 18, and some did it they were 60, but some never at all...

Who would make that turning point decision to draw a much better picture of their future?

If it's not YOU, then who?

If it's not NOW, then when?

My challenge for you is making this day, this moment a turning point of your life so you can become better, and achieve any dreams you ever dreamed of...

You are a lot more powerful, a lot more capable than you thought you are...

This is the time for you to redefine your goals, find your WHY, commit to it until the end and reach your success. You will never again wish and hope that success will find you. You will find it.

My friend, make this day the first day for the rest of your life that you

will rewrite your own success story.

Now, get out there and show the world how much of a great, self-disciplined badass you are.

Good luck and I wish you all the best.

Bye for now, and take care!

Berger McDonald

* * *

If you like this book, please consider writing me a review! It's the only way to help me reach more readers. I read all the reviews and I look forward to reading yours! Thank you.

* * *

Check out my other books:



If you like audiobook, listen to the FREE audio sample of this book on my website at www.AwesomeHappyBadass.com/fck. You can also request a FREE copy of this full audiobook on my website as well. From time to time, Audible gives me free codes to give out to my readers. When they do, I'll give it to you to listen to it for FREE.

Need help reaching your fitness goal in 100 days? Use this Food & Exercise Journal to help you get there. This is the exact journal I personally use to help me stay focused and disciplined.



* * *

Connect with me at
www.AwesomeHappyBadass.com

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