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The second one - arguably more important - is maintaining the proper diet. Both regular physical activity and a healthy diet require a dose of daily discipline. When you follow these two habits daily, you'll build a powerful source of discipline you'll be able to use to achieve other goals in your life.

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with specific problems, Daily Self-Discipline is about turning yourself into a person who becomes more self-disciplined with each day - and can successfully use this skill for personal growth. In addition to discussing tips to help you grow self-discipline, we'll also discuss various ways to become a mentally stronger person.

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Habits: The Pathway to Self-Discipline Considering that so much of what we do on a daily basis is habit-driven, developing the right habits will help to instill the right amount of discipline into our lives. But where do habits come from and how are they developed?

### How to Discipline Yourself With 10 Habits - WANDERLUST WORKER

Self-discipline can make the process of dropping bad habits in favor of good ones much easier to accomplish. People who have self-discipline are happier in life. They have a greater sense of purpose overall and a greater sense of accomplishment in everyday life..

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Develop key self-awareness skills to push yourself through to your goal. Gain a clear vision of how self-discipline works that will inspire you to carry on no matter what. Keep pushing when nothing seems to work and you're on the verge of giving up.

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