

# 6 HABITS TO IMPROVE *SELF-DISCIPLINE!*



Turn The Shower  
*Cold At The End*



Get Out Of Bed  
*Immediately*



Never Skip  
*Leg Day*



Plan Your Day The  
*Night Before*



Reduce Your  
*Screen Time*



Write Down  
*Your Goals*

# Developing Self Discipline Good Habits

**M Walker**



**Developing Self Discipline Good Habits:**

Discover tales of courage and bravery in Crafted by is empowering ebook, **Developing Self Discipline Good Habits** . In a downloadable PDF format ( PDF Size: \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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