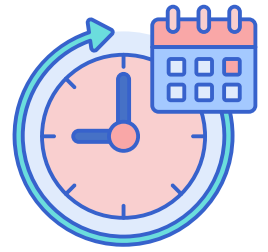




# DISCIPLINE: Develop the Habit



**01**

**Positive thinking -  
count your blessings**

**06**

**Remove/reduce  
temptations  
around you**

**02**

**Focus - distraction  
free zone**

**07**

**Visualize the rewards -  
write a list for yourself**

**03**

**Time blocking -  
block time out on  
your calendar**

**08**

**Making mistakes -  
it's the process of  
becoming better**

**04**

**Drive - develop a  
strong reason for  
success**

**09**

**Improving your  
self control -  
practice increasing  
your mental strength**

**05**

**Acknowledge  
your weakness -  
create the change**

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