

Self Discipline

**Conscious Behavior for
Desired Outcome**

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are in complete control of your behavior to create a desired result.

Tips for Success

Keep a daily journal and record any objective evidence that you are more in charge of your behavior and actions. Write down any positive comments made by others.

Please visit our forum to share your successes, or to ask any questions:

mindpersuasion.net

Affirmations

I plan my actions

I choose my actions

I have a long term view

I delay gratification

I wake up early

I sleep early

I eat healthy

I do what I know will benefit me

I always think long term

I plan my life

I build my life

I plan my body

I build my body

I plan my mind

I build my mind

I plan my income

I build my income

I plan my relationships

I build my relationships

I live life on purpose

I do what I know will benefit me in the long run

I always think long term

I have multiple strategies

I always have a plan B

my discipline is strong

my mind is focused

my intention is strong

I always act with an outcome in mind

I live life on purpose

I live life with conscious intention

I'm always thinking several moves ahead

I'm always thinking several years ahead

I have huge plans for life

my life is slowly unfolding the way I want

You plan your actions

You choose your actions

You have a long term view

You delay gratification

You wake up early

You sleep early

You eat healthy

You do what You know will benefit you

You always think long term

You plan your life

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