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You have choices every day — to be true to yourself or bend to peer pressure; to live within your means or shop to your heart's content; to control your desires or give in to temptation. It all comes down to discipline. Do you:

Make yourself proud or do just enough to get by?

Think for yourself or yield to popular opinion?

Defend your beliefs or abandon your principles?

Adopt a can-do attitude or embrace a victim mentality?

Live within your means or shop till you drop?

Own your life or become *totally* dependent on others?

Invest in your future or succumb to instant gratification?

Compose yourself during tough times or lose control of your emotions?

Set the bar high or tolerate mediocrity?

Celebrate others' success or envy their achievements?

Focus on your priorities or become distracted by so-called emergencies?

Forgive and forget or harbor anger and bitterness?

Make decisions based on facts or act primarily on emotion?

Let things go or worry about the past?

Stay true to yourself or betray yourself to win the acceptance of others?

Sweep problems under the rug or address issues head-on?

Adopt a healthy lifestyle or surrender to temptation?

Invest in your personal growth or leave your learning to chance?

Accept personal responsibility or shift your obligations to others?

Give selflessly to others or focus primarily on your own needs?



