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4 Steps To Discipline Your MIND Step

1: Practice Meditation If you look up the many successful actors, athletes, entrepreneurs, and even Navy Seals you will find that they practice the art of meditation. You need to learn how to discipline your thoughts, and meditation is by far the best way to do this.

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most importantly never give up 4 steps to discipline your mind with that in mind you can tell yourself that you are going to you can train yourself using interval training set your intention to practice self discipline and not hurt yourself anymore set a task to focus on writing drawing strength training meditating etc set a timer for 10 minutes five

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