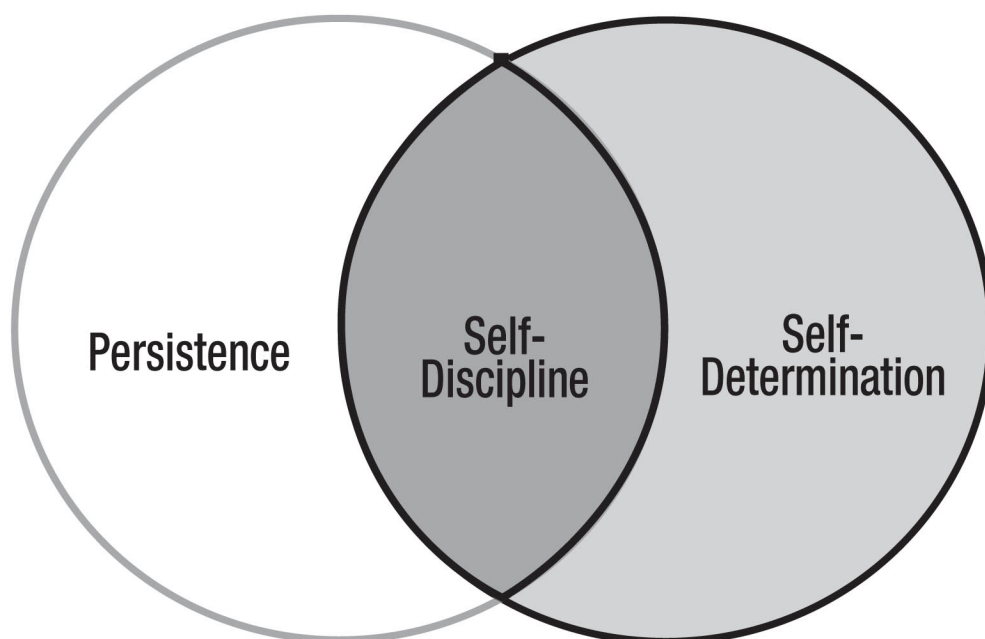


Ingredients of Self-Discipline

FIGURE 6.1



Taking Charge Self-discipline lets you control your life and make your plans and dreams a reality. *How could practicing self-discipline raise your self-esteem?*