



Lesson 9 – Self Discipline

Pat yourself on the back

Today is going to be a great day!

This is a 22-lesson course. I will be teaching 1 lesson per day, Monday – Friday, for the month of June

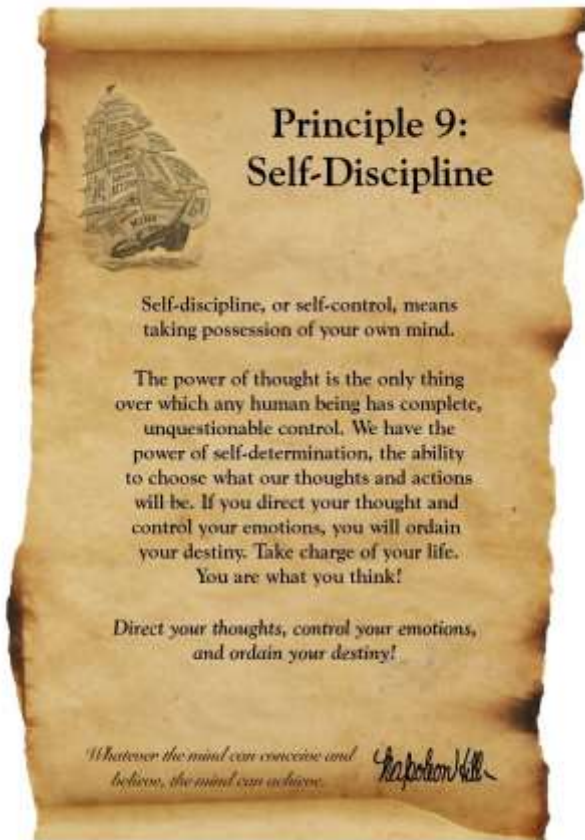
The recordings of each lesson will be up on <https://dailymotivationalcall.com/>. On this page you can find videos of Napoleon Hill teaching his content.

The Facebook group we will be using for the class is <https://www.facebook.com/groups/ELIsaleschampion/>

You can join the class live in 3 ways:

1. Facebook Live - <https://www.facebook.com/groups/ELIsaleschampion/>
2. Conference call – 1-669-900-6833 code: 93815463214#
3. Zoom – www.thinkandgrowrichcall.com

I will offer a certificate of completion for those of you who go through the entire course.



Stimulus, Pause, Response

Different Types of Self Discipline

Money
Food
Exercise
Work
Prospecting

Today I want to focus on what you say when your buttons get pressed.

When do you have challenges with self-discipline?

When you are criticized?
Opposing views / different beliefs
Different politics
Need to control others



Spoken word

Written word

Our thoughts

Bonus Video – <https://youtu.be/iXC8vNt0yk0>