

5

Rules For A Disciplined Life

- 1. Avoid „zero“ days at all costs.**
Strive to do at least one tiny thing that brings you closer to your goals every day.
- 2. Become best friends with your future self.**
Keep your future self in mind when making decisions today – they'll have a direct effect on her, too! So have her back.
- 3. Read every day.**
Reading can pave the way to so much more knowledge, empathy, and a better mindset. Do it.
- 4. Move your body daily.**
Exercise brings with it an endless list of benefits that will literally impact every single area of your life. Find something you love to do and it won't feel like yet another thing on your to-do list.
- 5. Change to way you think about yourself.**
Be aware of the impact your thoughts have. Change the way you think about yourself and watch yourself change for the better.

Beauty Of A Disciplined Life

Shasha Hu



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