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Discipline equals freedom by Jocko Willink, 2020, St Martin's Press edition, in English Discipline Equals Freedom (2020 edition) | Open Library
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Jocko Willink: Discipline Equals Freedom Book Summary

you know will help you Discipline is about facing your fears so you can conquer them Discipline means taking the hard road — the uphill road To do

what is right For you and for others So often, the easy path calls us: To be weak for that moment To break down another time To give in to desire and short - ...

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and Win Extreme Worksheet for Jocko Willink | Why ...

Discipline Equals Freedom, could Jocko's kids be blamed for complaining, "But Dad, you're not normal!" during family discussions around habits and doing things we don't want to do? Even Jocko admits there are plenty of times he doesn't want to do things The difference: he chooses to lean in when he senses discomfort and does it anyway

A World of Possibilities - Atchison County K-State ...

A World of Possibilities—THE FREEDOM OF SELF-DISCIPLINE Page 5 Self-Discipline Process Calmness is feeling peaceful inside Intuition is the inner guidance that shows you what is best Willpower is the strength to make things happen Self-Discipline is as simple as 1, 2, 3 1 Be calm within 2

Pay attention to your intuitive guidance