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### 6 Powerful Ways to Build Unbreakable Self-Discipline | by ...

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### The Importance of Teaching Kids Self-Discipline

But if you don't develop self-discipline, it causes problems: health problems, distraction, procrastination, financial problems, clutter, things piling up and overwhelming you, and much more. So it's such an important skill to develop, but most people don't know where to start. This guide is aimed at helping you get started.

### A Guide to Developing the Self-Discipline Habit : zen habits

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