

# Suffer The Pain Of Discipline Or Regret

## Crafted Quotes Journals

Suffer the Pain of Discipline Or Suffer the Pain of Regret Shocking Journals,2019-07-13 This awesome motivational journal features an awesome saying to push you to get after ALL YOUR GOALS Features 100 pages of blank lined paper for a daily to-do list, journal, or work out diary

**The Power of Subconscious Goal Setting** Scott Groves,2003 Scott is a former pro athlete, author, speaker & trainer who shows people the door to their true potential. Scott has travelled and worked globally helping Olympic athletes, small businesses through to International Organisations and now it's your turn. You will discover: Why you goals are a reflection of your self-image Why willpower doesn't work How to combine your goals with Subconscious Laws The secret to wealth made simple How to build a Murphy Proof plan The biggest reason why people fail to achieve their goals The What, Why, How Formula for life How to create your own Success Dictionary How to live your life 'On Purpose' How the Rejection See Saw can protect you from negativity How to create timelines that avoid self-sabotage What a butterfly can teach you about success Prepare to Unleash Your Potential

*Jim Rohn's 8 Best Success Lessons* Chris Widener,2014-09-29 The top 8 success lessons of all time by Jim Rohn represent the most important success lessons taught by America's Business Philosopher. Chris Widener, who was personally mentored by Jim Rohn for 7-years, takes an intimate look at the ideas that shaped the career of this motivational legend. Chris shares an insider's view into the background behind Jim Rohn's most popular ideas on success. In order to achieve success in business, these top 8 principles will act as a roadmap in your quest to achieve greatness. Chris has written books with Jim Rohn, travelled together and did business together with Jim on the world's largest stages for professional speakers. Never before has a collection of Jim Rohn's best ideas been distilled into a short 1-hour spa for the mind. Told by master speaker Chris Widener, these ideas will come alive as you seek to apply these success principles to your life.

**Limitless Living: Dismantling the Mental Blocks That Hold You Back** Logan Tremblay,2025-01-31 Limitless Living: Dismantling the Mental Blocks That Hold You Back The only thing standing between you and your fullest potential is your mindset. Limitless Living: Dismantling the Mental Blocks That Hold You Back is your guide to breaking free from self-imposed limitations, overcoming doubt, and unlocking a life of growth, confidence, and success. This book dives deep into the subconscious fears, limiting beliefs, and internal narratives that keep people stuck. By understanding where these mental

blocks come from and how to rewire your thinking, you'll learn to break through barriers and step into your true power. Inside, you'll discover how to: Identify and challenge the beliefs that are holding you back. Shift from a fixed mindset to one of limitless growth and potential. Overcome fear, self-doubt, and perfectionism. Develop habits that support confidence, resilience, and success. Cultivate self-awareness and reframe negative thought patterns. Build an unstoppable mindset that fuels ambition and action. Packed with actionable exercises, real-world success stories, and transformative strategies, Limitless Living will help you break free from mental roadblocks and step into a life of endless possibilities. If you're ready to stop playing small, overcome fear, and fully embrace the life you're meant to live, this book is your roadmap to a limitless future. The only limits are the ones you believe in—let's dismantle them together!

How to Cope When Your Organization Is Changing Faster Than You Are Ed Kugler, 2007-01-01 How to Cope When Your Organization is Changing Faster Than You Are is a hands on guidebook for coping with change in your organization. It is based on Ed's work as a Marine Sniper for two consecutive years in the Vietnam War and his thirty plus years as a corporate executive in Fortune 50 companies. It is real world and not theory from academia. If you want to know how to cope with the rapid pace of change you need this book. Ed takes you from coping to embracing change and it's not theory its principles that work.

**The Power of Ambition** Jim Rohn, 2022-04-19 From America's leading authority on success comes a book that will help you redefine ambition so that you can use your drive to serve others while creating the fulfilling life you desire. In The Power of Ambition, Jim Rohn debunks the myths and misconceptions about ambition that cause it to hinder, rather than fuel, personal achievement. Genuine ambition is not a self-serving impulse. Quite the opposite—it empowers us to better our lives and the lives of those around us. Rohn details six revolutionary strategies for cultivating legitimate ambition and harnessing it to transform what is going on within and around you. “Motivation can come from anywhere, but ambition is only drawn from within. Access your inner drive to achieve all the things you’ve been working for.” —Jim Rohn Ambition is as much a mindset as it is a lifestyle. As Rohn defines it: “True ambition is disciplined, eager desire.” The Power of Ambition will help you live with intention every moment so that you can enjoy the change you envision for your life. You'll learn: How to build the framework for an ambitious life How to leverage the power of creativity to stay focused on your goals The five criteria for developing persistence The seven qualities that promote resilience The keys to effective networking And more! Ambition is the most authentic form of self-expression—begin channeling its power today so that you can live with passion and purpose.

**Be the Smarter You: Your App Store for Success & Happiness** Rasikraman Das, 2021-05-27 Did you ever feel stuck in life? Everyone does, occasionally or all the time! The solution is a personality update – an update that can reboot you into a smarter version of yourself. But how? Just as smartphones have smart apps, smart people have smart ‘Life-apps’. Where do I download these life-apps from? Don't worry – this book shall be your one-stop app store where you will find 14 life-apps to

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*The Mentor* Tim Hendricks, 2005 The Mentor reveals over 120 lessons which the author learned from his mentor which helped him to change his thinking and go from a factory employee to financially independent in a short period of time.

**Summary of Never Binge Again(tm)** SellWave Audio, 2025-10-29 Never Binge Again offers a bold, practical approach to overcoming binge eating, emotional eating, and chronic struggles with food and weight. Dr. Glenn Livingston, a former food-obsessed psychologist and consultant to major food manufacturers, draws on both personal experience and professional expertise to guide listeners in permanently disempowering the “fat thinking self”—the inner mindset that sabotages healthy eating and dieting efforts. Instead of focusing solely on self-love or gentle encouragement, Dr. Livingston likens the challenge to containing a rabid dog: any sign of fear or indulgence can trigger a relapse. The book provides concrete, step-by-step strategies to isolate and control the mental triggers behind overeating, helping listeners stick to healthy plans without falling back into cycles of guilt, shame, or restrictive compensatory behaviors. Whether you’ve struggled with repeated dieting failures, obsessive food thoughts, emotional overeating, or secretive bingeing, Never Binge Again teaches how to recover quickly from slip-ups, avoid self-judgment, and regain control over eating patterns. It addresses the full range of challenges—from eating when not hungry to using fasting or severe restriction to counteract overeating—helping listeners develop a sustainable, balanced relationship with food. Ultimately, the audiobook empowers listeners to break free from the prison of food obsession, creating the tools and mindset necessary to enjoy a satisfying, nutritious, and healthy diet for life, achieving lasting weight and wellness goals without fear or guilt.

Achieve Anything Scott Gregory, 2022-01-23 Achieve Anything is a life-changing book that helps you see how you can master your mindset, take action now and develop the critical habits that will help you deliver mind blowing results with anything you dare to achieve. This essential how-to guide is for all of you ready-to-roll'ers and tired-triers of the world who would love a fast and simple solution to start achieving more, from your regular day-to-day to-do's to your wildest dreams!

Living Life Intentionally Richard W. Luecke, 1996

Conversations with Millionaires Mike Litman, Jason Oman, 2002 Discover the amazing secrets of nine successful self-made millionaires that can get you all the success and happiness you could ever want. Plus, these secrets can help you eliminate years of struggle and wasted effort and make you an absolute fortune ... Just like they already have for thousands of others! These millionaires include: the co-Author of Rich Dad Poor Dad, authors of Chicken Soup for the Soul, Multiple Streams of

Income and Nothing Down, The E-Myth, Guerrilla Marketing, plus Jim McCann (the CEO of 1-800-FLOWERS), Jim Rohn (Tony Robbins' mentor), and even the king of Chocolate Chip Cookies, Wally Famous Amos! Discover secrets like: The two best ways to triple your income and double your time off, simple success secrets that launched a billion dollar empire, and how to set up a business so it gives you freedom to live your dreams. From Mark Victor Hanson and Jack Canfield to Robert Allen and Michael Gerber, Conversations with Millionaires can help you get more of what you want in life because you'll be learning the same methods, techniques, and secrets that have already been time-tested and proven to work in the real world. Conversations with Millionaires is exactly that. A book jam-packed with the actual fast-paced interviews between real-world entrepreneur Mike Litman (Host of The Mike Litman Radio Show) and each of these self-made millionaires. Mike's world-reknowned style of getting each millionaire to cut-to-the-chase and reveal exactly how they do what they do makes this book a 'behind the scenes' look at how these millionaires became so rich and successful. -- Product Description.

*Tuesday Morning Coaching: Eight Simple Truths to Boost Your Career and Your Life* David Cottrell, 2012-10-18 From the author of the bestselling Monday Morning series--an instructive, inspiring story on rebooting your life and career with the power of simple truths Ryan Harris has been floundering for too long. His career is off track, and his personal life is in shambles. In his own words, he feels like he has been beaten up physically and emotionally for months. For the first time in his life, he knows he is unable to pull himself out of this funk by himself. Ryan turns to Jeff Walters, a personal coach and mentor he had once worked with. Ryan had always admired the way Jeff handled challenges and the success that always seemed to follow. Jeff agrees to coach Ryan every Tuesday morning for eight weeks. The story of Ryan's personal awakening, Tuesday Morning Coaching reveals the timeless truths anyone can rely on when success seems impossible. Jeff explains that real success lies in embracing the simple verities of life; it's more about how we live than what we do. Jeff reveals the eight basic truths of success, including: No Matter What . . . accept your responsibilities, maintain focus, and move forward And Then Some . . . give a little more than people expect Above All Else . . . know what is nonnegotiable at work and in life From Now On . . . learn from your failures and refuse to make the same mistake twice Consider It Done . . . deliver on your word, without fail You will learn, as Ryan does, that you have been getting in your own way. Attaining overall success isn't about solving a specific problem; it's about basing your life on what is true and behaving accordingly. When you hit career roadblocks, burn out on stress, and arrive at crossroads in your personal relationships--well, that's just life. Only when you follow a path paved on eternal human truths will you live a quality life. Read Tuesday Morning Coaching and take your first steps to a life of richness, fulfillment, and overall career and life success. Tuesday Morning Coaching tells the story of Ryan Harris, a successful manager who is burned out and tired of working hard but going nowhere. Looking for guidance, Ryan reaches out to Jeff Walters, a semiretired executive who agrees to coach Ryan. Ryan learns that the solutions to his most challenging problems are often commonsense principles, based on taking responsibilities for your actions, going the extra

yard in every situation, always keeping your word, and never deviating from your personal values. Tuesday Morning Coaching draws on real examples of people and organizations that have identified and implemented simple philosophies that led to their success, and outlines a simple yet profound approach that can lead to spectacular personal and business achievements.

**Repeat the Remarkable: How Strong Leaders Overcome Business Challenges to Take Their Performance to the Next Level** Perry Holley, 2013-09-17 One thing I have learned in my years of leading teams is that achieving a remarkable performance is no guarantee of repeating remarkable performance. As a program director with IBM Leadership Development, Perry Holley has traveled the globe to improve personal and team performance in his company. He has seen first-hand how IBM has managed to stay on top during good times and bad throughout its century-long history. It all comes down to leadership that never accepts average, views challenges as opportunities, and always strives to make a difference. Repeat the Remarkable is Holley's toolbox for organizational leadership that drives remarkable performance--and keeps it running full throttle. The ability to repeat top-notch performance is precisely the difference between good companies and great companies. In this groundbreaking book, Holley reveals the same method he teaches IBM's leaders. He conveniently organizes his proven Model for Remarkable into three easy-to-understand sections: FOUNDATION: The two main building blocks of remarkable performance--clear definitions of goals and the purposes behind the goals FRAMEWORK: The four critical elements for delivering remarkable performance--exceptional behavior, preparation, discipline, and persistence FUNCTIONALITY: The two components that ensure that remarkability is the defining trait of your company or department--a mindset of excellence and high character The lessons in Repeat the Remarkable can be applied to any organization, whether it's a large corporation, a small business--or simply your own family unit. They are universal--and they work. In today's hypercompetitive business landscape, where markets are completely unpredictable, being good doesn't cut it. Neither does delivering occasional remarkable performance. If you want to seize the competitive edge--and hold it--you have to deliver world-class performance on a consistent basis. With Repeat the Remarkable, you have everything you need to infuse the right attitudes and behaviors in your people--and make sure they stick. Praise for REPEAT THE REMARKABLE: One of the demons that overcomes individuals and organizations is complacency. This book contains the perfect antidote. Holley uses his IBM experience as a powerful metaphor for the value of discipline that ultimately inspires individuals and teams to soar to new heights. -- JACK ZENGER, coauthor of the bestselling *The Extraordinary Leader* and *The Inspiring Leader* Perry is a natural teacher. You walk away from each chapter with renewed enthusiasm for personal improvement change. -- JON PRIAL, IBM WW Vice President, Sales Enablement, retired It is easy to fall into the trap of complacency after the big win. Perry lays out a plan to help you avoid that trap and become intentional about higher performance. -- T. FALCON NAPIER, founder, The Institute for Productive Tension Perry is Remarkable. Thirty years of remarkable success is proof. If you too want to be

remarkable and lead a remarkable team producing remarkable results--buy, read, and study this book. It's all in there. -- DARREN HARDY, publisher of SUCCESS, CEO mentor, and New York Times bestselling author of *The Compound Effect* Repeat the Remarkable is full of great ideas to help you lead yourself and lead your team to greater heights. -- MIKE MADSEN, Vice President, IBM Software Group, Mid-Atlantic Eminently practical and full of real-world advice. This book will affirm and influence those who are called to a leadership role. . . . [It] offers meaningful help for everyone at every rung of the leadership ladder. -- ANNE BRUCE, "The Authority on Motivational Leadership" and author of *Discover True North* and *The Manager's Guide to Motivating Employees*

*Berkshire Encyclopedia of World Sport*, 2005 Covers the whole world of sport, from major professional sports and sporting events to community and youth sport, as well as the business of sports and key social issues--Provided by publisher.

*Commentaries on the New Testament: The second epistle of Paul to the Corinthians* Charles Rosenbury Erdman, 1929

*Earning a Doctorate Degree in the 21st Century* Bahaudin Mujtaba, Michael M. Scharff, 2007 This volume reflects on some of the main reasons people pursue a doctorate degree, the techniques for setting the course, and what candidates should do to ensure their degree is completed in a timely manner. (Education/Teaching)

*The Second Epistle of Paul to the Corinthians* Charles Rosenbury Erdman, 1929 A brief commentary by one of the foremost Evangelical Biblical scholars of his time.

**Inspirational Quote Notebook - 'We All Must Suffer One Of Two Things** Crafted Quotes Journals, 2019-08-21 110 white pages College-ruled notebook (medium ruled) matte cover This Inspirational Journal for women, men and kids helps you staying motivated and inspired. Our motivational notebook has an inspiring quote 'We All Must Suffer One Of Two Things: The Pain Of Discipline Or The Pain Of Regret.' on the front and consists of blank lined pages for you to write in. The mindful cover makes it a joy to use. Keep track of your thoughts, memories and experiences with this Motivational Journal.

*Wisdom of Wealthy Achievers* Philip Leonard Baker, Penny Webb, 2005-10

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