



Change Your Posture! Change Your Life! Affirmation Journal Vol. 6: Self-Control (Paperback)

By D Nicole Williams

Sh Shares NETWORK, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.If you ve ever wondered why your daily recitations seemed grossly ineffective, look no further--your solution is HERE! This is no ordinary book of affirmations! Change Your Posture! Change Your LIFE! Affirmation Journals quickly facilitate formidable transition toward betterment by adding interactive tasks and journal prompts into the coaching process. Purpose-driven readers become impactful change agents in their own lives through daily application of this intuitive life guide! We focus on self-control this month. We learn to understand the extent of our rule over self and practice behaviors consistent with having utmost regard for ourselves and others. Our study on self-control will visit exertions of internal and external control so that we are BEST armed to move forward with command of our full being. SELF-CONTROL AFFIRMATION (Repeat this aloud) Self-control means having possession of myself and command over my own behavior. Self-control means that behaviors come from oneself, not by oneself. For more on SELF-CONTROL, buy the book! A Note From the Author: Hello!!! We re nearly halfway through our postures for the year! Have you enjoyed the tasks and assignments from the...



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