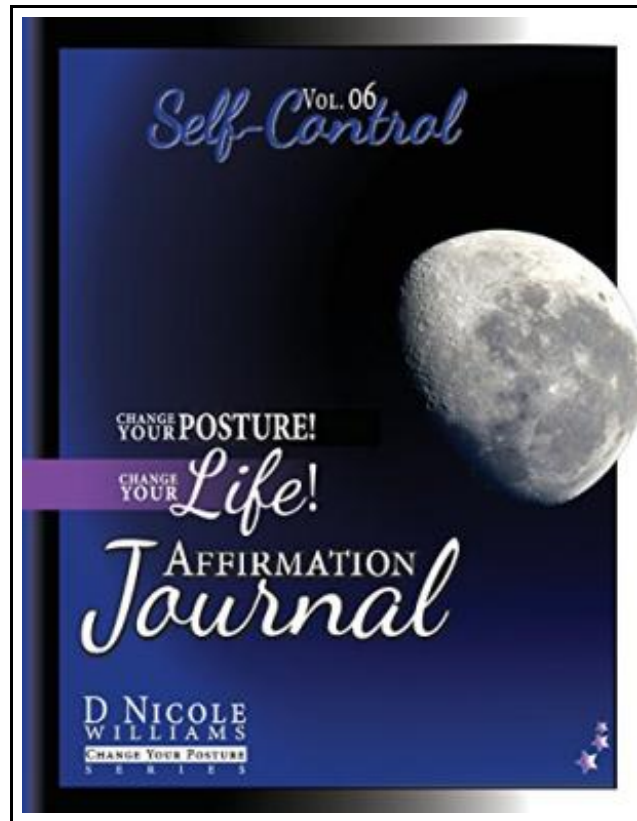


## Change Your Posture! Change Your Life! Affirmation Journal Vol. 6: Self-Control (Paperback)



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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 prior FIVE journals I d imagine so if you re onto this one!!! This month, we task ourselves with development in a very pressing area of life: the area of SELF! Through proper connection, acknowledgment and development with ourselves, we are better able to traverse life healthily and peacefully manage the negativity that outside forces bring. Much effort must be put into self-care!!! In conjunction with that, this month, we re slated for HUGE measures of success in the area of self-control. SO. ARE YOU READY NOW is time to prepare yourself for what may prove to be a tumultuous...

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