

# Discipline

LOVING AND CORRECTIVE TRAINING THAT LEADS TO MATURITY AND RESPONSIBILITY ON THE PART OF THOSE WHO EXPERIENCE IT.

“DISCIPLINING YOURSELF TO DO WHAT YOU KNOW IS RIGHT AND IMPORTANT, ALTHOUGH DIFFICULT, IS THE HIGHROAD TO PRIDE, SELF-ESTEEM, AND PERSONAL SATISFACTION.”

MARGARET THATCHER



NOW GO SHARE YOUR STORY OF BECOMING MORE SELF-DISCIPLINED BOTH ON AND OFF THE MAT AND MARLEY BY USING THE HASHTAG: **#THISISALLSTAR**