



# SELF- MASTERY



MASTER THESE  
**10 HABITS** AND BE THE  
MASTER OF YOUR WORLD



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*"Success is nothing more than a few  
disciplines, practiced every day.*

*Failure is nothing more than a few errors,  
repeated every day."*

*- Jim Rohn*

# Introduction

If you're like most success-oriented people, you dream of gaining control over yourself and your life. That would be the ultimate accomplishment for many.

Habits are an important part of this process.

**Successes and failures are primarily the end result of habits.**

Your habits will also determine the long-term results you achieve.

The things you do repeatedly matter. The way you handle stress and uncertainty matter. How you plan your day matters.

There are many things that matter when you do them day after day over a long period of time.