

# FREEDOM REQUIRES DISCIPLINE

**D**

**DEDICATION AND WILLINGNESS ARE MORE VALUABLE THAN WANT.**

**I**

**INTEGRITY OF PURPOSE - IS IT GOOD FOR YOU AND FOR THEM ?**

**S**

**SIMPLE STEPS - HUGE STEPS OVERWHELM AND STOP CHANGE.**

**C**

**COURAGE ! - COMMITMENT ! - KEEP YOUR DREAM IN MIND.**

**I**

**INTEREST IN THE PROCESS MAINTAINS INTEREST IN THE GOAL.**

**P**

**PLANNING PRODUCES PREDICTABLE PERFORMANCE.**

**L**

**LET GO OF OLD THINKING-FEELING-BEHAVIOR HABITS.**

**I**

**INVESTMENT IN THE OUTCOME FOR MUTUAL BENEFIT.**

**N**

**NEGATIVITY KILLS CREATIVITY - CREATE POSITIVITY.**

**E**

**ENERGY REQUIRES STAYING HEALTHY AND FOCUSED.**

**LEWIS QUINBY**



**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**