By constant self-discipline and self- control, you can develop greatness of characterGrenville Kleiser	I have learned that I really do have discipline, self-control, and patience. But they were given to me as a seed, and it's up to me to choose to develop them. Joyce Meyer
Being forced to work, and forced to do your best, will breed in you temperance and self-control, diligence and strength of will, cheerfulness and content, and a hundred virtues which the idle will never know. Charles Kindsley	Emotional self-control is the result of hard work, not an inherent skill. Thomas Bradberry
Self-control is one mark of a mature person: it applies to control of language, physical treatment of others, and the appetities of the body. Joseph B. Wirthlin	I don't know anyone who couldn't use a little boost in their energy and self-control. Travis Bradberry
Self-control, openness, the ability to engage with others, to plan and to persist-these are the attributes that get people in the door and on the job, and lead to productive lives. James Heckman	Discipline is the bridge between goals and accomplishment. Jim Rohn
Without hard work and discipline it is difficult to be a top professional. Jahangir Khan	We must all suffer one of two things: The pain of discipline or the pain of regret or disappointment. Jim Rohn
The discipline you learn and character your build from setting and achieving a goal can be more valuable than the achievement of the goal itself. Bo Bennett	WINNERS EMBRACE HARD WORK. THEY LOVE THE DISCIPLINE OF IT, THE TRADE-OFF THEY'RE MAKING TO WIN. LOSERS, ON THE OTHER HAND, SEE IT AS PUNISHMENT. AND THAT'S THE DIFFERENCE. LOU HOLTZ