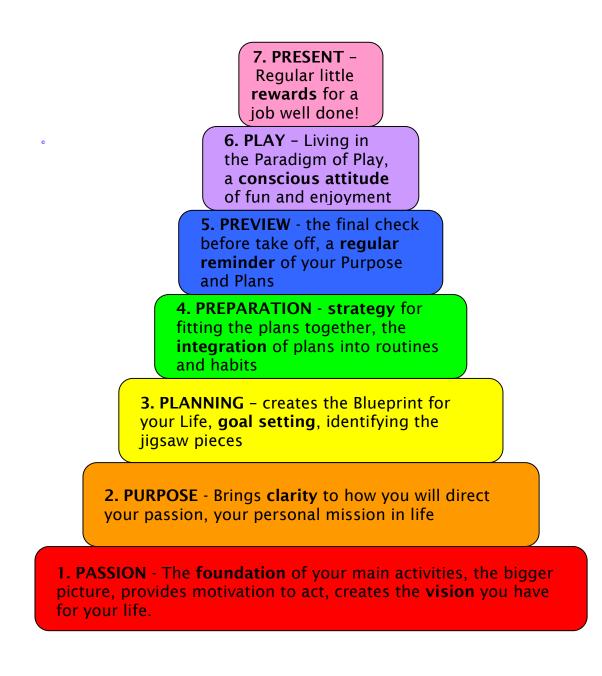
## The 7 P's of Disciplined Activity

A Summary of 7 useful steps to create disciplined activity on a daily basis (please read from bottom to top)



The 7P's of Disciplined Activity by Karen Harewood, *Your Life Rules* 2011<sup> $\bigcirc$ </sup>