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The Key for School Leaders

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A practical guide to self-management support Key

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key tasks. The payoff for practicing self-discipline is immediate. Whenever you discipline yourself, and force yourself to do the right thing, whether you feel like it or not, you will like and respect yourself more. Your self-esteem increases. Your self-image improves. Your brain releases endorphins which made you happy and proud. You actually get a payoff every time you hold your own feet to ...

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