

The Surprising Freedom Of...
Self-Discipline



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The Surprising Freedom of... Self-Discipline

Introduction

I'm Connie Ragen Green and I want to welcome you to the study of self-discipline to change your life in positive and uplifting ways. But first, here is an introduction to this sometimes controversial topic.

In popular media, the idea of being controlled by something is usually quite abhorrent.

In science fiction or horror movies, the idea of being taken over by someone or something else is a common trope. In such cases we generally see some poor person lurching about every which way, their eyes wide and staring, their mouths open in a silent scream as they're forced to do something they don't want to do.

At first glance, self-discipline sounds a lot like that. We imagine having a set of rules engraved on the inside of our skulls. We think about all the things we'll have to give up if we're self-disciplined. We think about all those things we'll be forced to do – terrible, awful things that we would never do otherwise.

To many people, self-discipline looks a lot like a self-imposed jail cell.

Would it surprise you to find out that the opposite is true? In some ways practicing self-discipline opens you up to the greatest freedom of all.

While self-discipline *is* all about control, *you're* the one calling the shots.

Everything you do becomes the result of a decision you've already made. This isn't you being a zombie; it is you being in control of your destiny. In more control than you ever have been before.

As you read this book, you're going to discover just how much freedom self-discipline gives you. After that, you'll find a whole chapter full of tips of how to put that self-discipline into action.

So, sit back and prepare to be surprised. The freedom that comes from self-discipline is yours for the taking.

The Surprising Freedom of Discipline



No limits. To a child, that's what the freedom of adulthood looks like. After all, grown-ups have cars and know how to drive them. They have wallets stuffed with money, and when that runs out, they have credit cards to solve the rest of their problems.

When we're six, we picture adulthood as one long party where we can eat all the cake we want, whenever we want. And when we're done, we can get in our cars and drive to the beach, to amusement parks, to everywhere fun and exciting that we've ever dreamed of.

In fact, when we're kids looking at the adults in our lives, we can't figure out why they aren't doing just that. It seems a horrible waste to be going somewhere called "work" all day. Especially when it doesn't sound like it's a whole lot of fun.

At some point in our lives, we had to let go of that dream. We grew up. We realized that a steady diet of cake would lead to a monster stomachache. We learned that amusement parks cost money and time, two things

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that always seem to be in short supply. And while driving might still be fun, the fuel, license, registration, and insurance costs sure aren't.

As it turns out, adulthood didn't come with freedom, just a whole new set of rules, expectations. Worst yet, we were still faced with all sorts of other people only too willing to tell us what to do.

We lost control, and our lives started reflecting that.

We became bogged down in work and overwhelmed in our relationships. Somehow, we were always out of time and money. Life became less about *action* and more about *reaction*. We became unhappy with the person we'd become.

If you're here reading this, then chances are you already know these things.

Now you're looking for a way out. A way to take back your life, to take back the person that you felt like you could always become.

You don't want the world to rule over you. Instead, you want to be in charge. Just like you pictured when you were a kid, only better. You don't want cake for breakfast (or you might, but you know better now) but you want other things. You want your health back. Peace of mind. A job that fulfills. Relationships you enjoy. You want life at its best. And you realize you're not going to get it until something changes.

In short, the only way you're ever going to be free is to take back control.

If you still see self-discipline as giving up any control over the life, consider the ways it actually makes you free:

1. Self-Discipline frees you from being trapped in one place.

The biggest enemy of change is finding the impetus to put yourself in motion. By using self-discipline to act, you're forcing yourself to go forward. Self-discipline means that the actions you create, by definition, are repeated ones. So you're not just eating healthy today, but tomorrow as well, and the day after that. Once you're in motion, it's much easier to stay in motion, meaning your odds for success in your goals just increased dramatically.

2. Self-Discipline frees you from misdirection.

That's because self-discipline is all about laser-focus. Once your goals are defined, you use self-discipline to realize them. This means no more wandering down rabbit trails and getting distracted.

3. Self-discipline frees you from complicated decision-making processes.

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By controlling your actions through focusing on your goals, your choices tend to become very clear. Either you're doing something that serves your eventual purpose, or you're not. It's just that simple.

4. Self-discipline frees you from procrastination.

By using the motivation that comes from staying on course, you have fewer excuses not to act. This means things that should get done get done without a lot of excuses and procrastination.

5. Self-discipline frees you from acting on your emotions.

Decisions based on emotions tend to be the ones we regret the most. By using self-discipline to keep your emotions under control, you can make decisions guided by logic and facts, rather than whatever you're feeling at the time.

6. Self-discipline frees you from temptation.

When you're in the zone, and out to achieve your goals, those old habits you're trying to break just don't have the same hold on you they once did. Temptation starts to fall away as you discover the joy of a life no longer held in thrall to old behaviors.

So, what does this look like then when it's all put into practice?

- **On waking up:** The self-discipline of a morning routine frees you from a stressful start to the day. You're more energized, organized, and ready to face whatever comes your way.
- **When you exercise:** Using self-discipline to establish a regular workout routine frees you from all the problems that go along with a body that wasn't in shape. This means you now have more energy and stamina. You feel better and stronger and can do more than you used to be able to.
- **When dealing with money:** Self-discipline in the world of finance means being caught up on your bills and managing your debt. You might even be saving for something special in the future. This frees you up from worry about not having enough, over the utilities being turned off or the rent going unpaid. You have confidence that the money is there for things you need, and even for some of the things you want.
- **When you eat right:** With self-discipline, you're eating what's right for you. If you're diabetic, it means your diet is under control in regard to sugar. If you're trying to lose weight, you're not indulging in a lot of junk food. If you're looking to be healthier, then maybe you're not eating fast food so much, or you've cut out processed foods. Eating right means you're free from a lot of health concerns. Even the things you suffer from, like high blood pressure, become less of a worry because you're eating what's

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right to keep it under control. What's more, by having the self-discipline to control your diet, it means you can even let loose once in a while and have that special treat. You have the freedom to know that the occasional splurge isn't going to hurt you.

- **When you explore new ideas:** By using self-discipline to read more, and to spend more time in current events, you now have the freedom to explore ideas and concepts you haven't before. You can ask better questions, take part in more meaningful discussions, and be more of an activist in the things that matter most.
- **When dealing with people at work:** By practicing the self-discipline of saying no, you're now free from being trapped in obligations that serve you no purpose, and don't push your career forward. By applying self-discipline to the quality of your work, you are freed from the worry regarding job security. Not to mention you also have the sure knowledge that you're acting as an important part of the team – something that won't go unnoticed at employee review time.
- **When you start making healthier choices:** By using self-discipline to quit smoking or to quit a habit involving drugs, you are freeing yourself from an addiction that is not only costly but might have other harmful side effects.
- **When you manage your time:** By using self-discipline to arrive on time for things, you free yourself from worrying about being late. It also frees you from the consequences that result in that action. Also, using self-discipline to manage your calendar frees you from the inconvenience of missed appointments, and of overbooking yourself.
- **When you establish new habits:** By using self-discipline to create new behaviors that are admirable or good for you, you free yourself from old habits that have been holding you back. You're no longer tied to the habits that hold you back because you are embracing habits that move you forward.
- **On relationships:** By using self-discipline in your relationships you no longer allow people to take advantage of you. You set boundaries that free you from toxic relationships that only drag you down.
- **When you drink less:** By using self-discipline to limit your alcohol intake, you have the freedom to party without the worry of overindulging. You'll find you save considerable money and suffer from fewer hangovers. You might even find you enjoy your time better when you have a clearer head.
- **When you go to bed:** By using self-discipline to establish a bedtime and a routine to go with it, you give yourself the freedom of a good night's sleep. You'll wake up more rested and readier to face the day.

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As you can see, there are numerous (and even surprising) ways that using discipline actually restores you to a life of freedom. This is by no means an exhaustive list. As you develop your own plan of self-discipline, you're going to find some freedoms that are uniquely your own.

But first, you have to begin. Keep reading to find out how to establish a life of self-discipline, and how to fine tune it to suit your needs.

Self-Discipline Tips



To fully explore the freedom, and yes, even joy, that comes of self-discipline you have to first start with making some decisions.

A life of self-discipline is not easily entered into. It's going to be hard at first, but it's worth the effort and yields a high payoff.

Start by doing an honest assessment of where you are right now. Only you know what you need. Only you can define the things that would enable you to be your best you.

Since your idea of self-discipline is going to be different than that of others, then you know you can discount the criticism you may face from people in your life. This in itself is a sort of freedom. Just by committing to change, you are freeing yourself from worrying about the thoughts of others.

Shall we get started?

Create a goal.

As with any change in your life you need to start with setting a goal. When it comes to Self-Discipline you will

start first with the end result you hope to see. Then you can go back and determine the repeating behavior that will get you there.

So, if your goal is to lose weight, then your self-discipline will come in the form of eating better or more exercise. To make this easier, start with just a few goals and then ask yourself how self-discipline can get you to where you want to go.

Find your reason.

You're never going to get anywhere if you're not motivated to begin. While having a goal is a good start, knowing why you're doing what you're doing is the next most important step.

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To some, the reason becomes obvious. To the man who's had a heart attack, getting in shape and losing weight are easy goals. He knows exactly why he wants to get back in shape. For others it might take some soul searching to understand just what makes your particular goal so important.

Once you have this information, then use it. Create affirmations that you can read to yourself often, or better yet, memorize.

Lastly, you're going to want to schedule time to regularly reflect on your goals and reasons. You will want to see if they still serve your needs or not. As you work towards change, you might find some of these motivations changing as well.

Create a backup plan.

Maybe your first goal doesn't work out, or you hit a major obstacle along the way.

Why?

Chances are the fault wasn't in the goal, but in the means, you were using to get there. Here's where a backup plan becomes important. Not everything is going to work.

For example, you hoped to lose weight by riding your bike to work. But then you had the rainiest two weeks in history and wound up driving to work after all.

What are you doing for exercise in the meantime? Without a backup plan, chances are you're doing nothing at all. If you plan ahead and know that you're going to hit the gym on rainy days instead, you'll be ready for when things go wrong.

Start with simple changes.

Nothing guarantees failure quicker than biting off more than you can chew. In the world of self-discipline, this becomes an especially important point. Self-discipline is already hard when you're first starting out, why are you making things that much more difficult for yourself?

Start in small ways. Choose a goal you can attain fairly easily. This will help self-esteem and confidence when you reach it. It will set you up for bigger goals in the future. Just keep taking things one step at a time.

Know what you want to do that's different from what you've done before.

The very definition of insanity is doing the same thing over and over and expecting different results.

Obviously, something wasn't working in the way you were doing things before, or you wouldn't have made the goal to change things. What are some things that have derailed you in the past? Are there certain trigger

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points or situations that sent you down the wrong path? Decide now what you can do differently before you're confronted with those situations again.

For example: Maybe you always wound up drinking too much whenever you went out with your old friends from college. What will you need to do to avoid this in the future?

Maybe you need to switch up your drinks – a soft drink between each alcoholic one. Or maybe you need to quit hanging out with these people entirely. Only you know the pressures you're facing and where you typically go wrong. Likewise, only you know the way to change the script, so things turn out differently.

Make lists.

By making lists of what you want to do, and of the steps you need to take along the way, you know what's expected of you. This means that you have your areas of self-discipline all mapped out nice and clear.

Accept that it's going to be difficult or uncomfortable.

As mentioned before, self-discipline is going to take some work. You're doing things in new ways, and your brain itself is going to rebel against you. That's because habits are ingrained in one part of your brain, and when you do something new, that activates another part of the brain entirely.

This means that new things are just going to feel uncomfortable naturally. The answer, of course, is to keep doing it. Eventually, you'll begin building new neural pathways, as you create the new habit of self-discipline. By then you won't have to think about it at all (and won't *that* be freeing?)

Take an active part in the self-discipline process.

In other words, don't wait around for inspiration to happen or for someone to tell you what to do. You're an adult after all! It's up to you to make things happen.



Ask yourself what are the areas you're trying to place under control? Then do something. Take action to make that control happen.

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Use your timer, your clock, and your calendar.

Perhaps the areas that you're trying to use self-discipline in seem a little overwhelming. If that's the case, then try breaking things up into smaller time increments.

If you're trying to quit smoking and going all day without a cigarette seems impossible, start with something easier. Don't allow yourself a cigarette for an hour. Then increase that to two hours. And then three.

Instead of trying to run a marathon on the first day, plan to run for 10 minutes a day in the first week of exercising and then increase that to 15 and so on.

Work out a system of rewards.

To work endlessly with no reward is discouraging and very quickly becomes so tedious that it's easy to give up. Self-discipline is no different. When you have a goal that you're working toward over a long period of time you sometimes feel like you're making no progress at all. It's discouraging.

That's why it's important to reward yourself along the way. Find the minor victories and celebrate them. Your rewards don't have to be big. Think of them as small encouragements to remind yourself that you are making progress.

Use your tech.

In the era of smartphones, there are a lot of opportunities to use technology to help you with your self-discipline goals. For starters, you have the basic tools that are already on your phone that can help to guide you towards your goals.

By setting reminders, you will be alerted automatically when it's time to exercise, drink water, or do a host of other small things.

Your calendar will help you to stay on track of the bigger goals by reminding you of events that pertain to them, and also gives you a place to monitor your milestones.

You can even take things to the next level by downloading specific apps that will...



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- Track your goals
- Create reports regarding your progress
- Find you mentors and friends

As for what kind of app you'd want? That's entirely up to you. You'll find ones geared toward specific goals such as exercise or diet. And others that are more general and let you customize your goals. A quick search should yield exactly what you need to get started.

Eat once in a while – probably more often than you think.

Willpower goes right out the window when your blood sugar is low. That's because your brain needs glucose to process information and to work properly.

If you're having a hard time staying on track and getting things done, then it might be because you need a snack.

For the best-staying power, have a snack that involves both protein and carbs. A handful of almonds paired with some dried fruit might make an easy snack for on the go, while hummus and crackers would be a great thing to keep in the fridge at work.

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While you're at it, drink water.



A lack of water will slow down brain processes, making you foggy and unable to even remember the very things that you're trying to be disciplined at.

How do you know if you're dehydrated? Here's a hint, if you're feeling thirsty at all, you're probably already there. Most people need about 1 ounce of water for every 2 pounds they weigh every day. If you weigh 140 pounds, you want to drink 70 ounces of water. Also, keep in mind that while coffee is a liquid, the caffeine dehydrates, so you're not really getting the benefit of the water in your cup of coffee.

Get rid of temptations

Speaking of food, now might be the time to get rid of the junk food you have stashed in the cupboard over the refrigerator.

Temptations will derail self-discipline quicker than you can say the word, especially at the start of your self-improvement journey. This means being proactive. If you're changing your diet, then get rid of the things you're not supposed to be eating. If you're trying to not spend money needlessly, then unsubscribe from the email mailing lists from your favorite stores.

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Do what you need to set yourself up for success right from the start. The less temptation you have around you, the quicker you'll establish the practice of self-discipline.

Likewise, understand your weaknesses

Different from temptation, a weakness is a point where you know you're not strong. For example, you really want to set up that morning routine, but you're not a morning person.

By knowing that you can't pry open your eyelids in the morning until your third cup of coffee, you need to find other solutions to help you in your morning success. You might lay out your clothes the night before, or you might make that coffeemaker is ready to go.

Just because you've made a goal, you can't expect to change who you are overnight. Know where you're coming from and know where you might have to put in a few extra steps to ensure your success.

Know how to fail.

Failing is a normal part of the process. When you're just starting out trying to do a new thing it's normal to stumble and fall.

But do you know *how* to fail when you do? When things go wrong, how do you handle it?

Are you someone who looks for excuses or someone else to blame? Or are you able to stand up and take responsibility for whatever went wrong?

Are you angry and therefore shut down? Or do you learn from the failure so that you can do better next time?

Accepting failure as nothing more than a learning experience will go a long way toward helping you in your future success. The next time you fail, start by taking a deep breath. Allow yourself to feel whatever you're going to feel. And then deal with it. Take responsibility. Find the lesson in the failure and move on.

Connect with a support group.

Your old group of friends might not understand this new disciplined version of you. Your co-workers might question what you think you're doing. Chances are you're going to get pushback from the people around you because people don't understand change. They also aren't typically comfortable when the status quo shifts from under them.

Them watching you become a different version of yourself is a scary thing.

By surrounding yourself with likeminded people, you gain the experience of others in the group and a support system that will help bolster you when things aren't going well.

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While it's not time to necessarily dump all your old friends, it might be time to gain some new ones. Look around you. Who else understands self-discipline? Look for a mentor or a group who you can meet with regularly. Ask advice, and then be ready to learn.

Put the focus on someone else.

Remember that your goals don't only affect yourself. Your areas of self-discipline likely have something to do with the people in your life. Think about who else in your circle benefits from the change you are making. Check in with them and ask them how they would feel if you didn't make this change.

Let's go back to the example we had earlier about the man who has a heart attack and decides to exercise. Chances are his decision to exercise wasn't entirely about his own health (though that figured into making the goal obviously). Maybe that man has a wife and children that he doesn't want to leave. Now his goal has to do with the other people in his life. Because those people are important to him, they become part of the motivation to do well and reach his goals.

By remembering who you're doing things for, you'll frequently find that it's easier to push on and challenge yourself when things are going badly.

So, find your motivators. Put a picture of these people somewhere you can see it. Or better yet, make them part of this process by letting them know what you're doing and asking them to become your accountability partners.

Do it – or do nothing at all.

There's a quote by author Raymond Chandler who said, "Write or nothing. I find it works. Two very simple rules, a. you don't have to write. b. you can't do anything else."

If you're going to practice self-discipline in any aspect of your life, you either need to do it or tell yourself you're not doing anything. That means if your goal is to exercise every day, you don't get a free pass to sit around watching TV if you skip it.

You either go to the gym or do nothing for the time that you would have been at the gym. It's a harsh method, but it works amazingly well. Most people would choose exercising over just sitting and staring at the wall for the next hour. It's why 'time outs' work so well on children when they misbehave.

If the system seems cruel, then keep this one thing in mind: once you start, it's never as bad as you think it is. So, whatever you were trying to avoid, you're better off doing it.

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Make it measurable.



If your goal is nebulous, how will you know that you've reached it? How will you know if you can call it a success?

Resolving to be healthier gives you an easy out. Make it more specific.

Saying you will "eat better" for a while is a good start. Saying you want to lose ten pounds is at least measurable. But saying you want to lose ten pounds by next month and keep it off for the rest of the year – well that self-discipline!

Using measurable goals helps set the habits you're trying to develop.

Just begin.

What are you waiting for? No one is going to send you an engraved invitation. The freedom of self-discipline is waiting for you. It's time to get started.

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By following these tips, you'll be able to put self-discipline into practice very quickly.

But don't be deceived!

Even when starting out with the greatest enthusiasm, you're not going to see change overnight. **Self-discipline is all about long-term change.** The very nature of self-discipline requires there to be repeated effort over time. You're going to have to be patient.

The other thing you need to keep in mind is to expect this to be hard at first.

Anytime you work to establish a new habit you're going to have to put some effort into accomplishing what you set out to do. You're going to experience pushback, especially when you come up against old habits and patterns of behavior that are deeply ingrained. Those habits weren't formed overnight. They're going to take time to be dislodged.

The key is to stay steady. Keep at it. The more you practice the techniques, the easier they will become. Expect failure – you're only human after all. But don't let it stop you. Jump back in where you were and keep going. It's not necessary to start over, just pick up where you would have been if you hadn't strayed.

Self-Discipline Quick Hits

If you're still unsure where to begin on this process, then here are some fast ideas about areas of your life that might benefit from self-discipline.

Health



- **Establish a morning routine:** Start the day right with your clothes laid out, your exercise gear already at the door and a clear idea what breakfast is. Add in some affirmations or other positive thinking techniques to give the day a real positive boost.
- **Exercise:** Decide how often you want to exercise and what that looks like then commit to carrying out the plan.
- **Eating well:** Eating Paleo, Keto, Mediterranean Diet or a host of others all have one thing in common – you become mindful of your food. Find the diet that works best for you and then stick to it. Don't forget to remove any temptations in the form of junk food or other 'cheats.'

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- **Snack:** A lot of people's blood sugar drops in the afternoon and that leads to less productivity. Have a healthy snack on hand (something with carbs and protein for example) to give yourself that added boost.
- **Take the stairs or park further from the door:** It seems such a small thing, but by climbing stairs instead of taking the elevator, you give yourself a great aerobic workout every time you go into work. Even just walking across the width of the parking lot is going to have a positive benefit when you do it every day.
- **Attack those personal hygiene issues.** Do you stop taking care of yourself because you work from home? What about that nail-biting habit? Self-discipline means you take care of yourself, even in the small ways that no one but you know about.
- **Establish a before-bed routine:** Setting a bedtime and a bedtime ritual will ensure that you get enough rest every night and sets you up for a good day tomorrow.

Communication

- **Speaking in a positive manner:** Drop the negativity, cattiness, gossip, and other unpleasant speech from your lips. It actually affects your mood more than you realize.
- **Say no:** Take the reins by losing the doormat quality of saying yes to every single thing that comes along. Cultivate the habit of saying 'no.'
- **Say yes:** Find the worthwhile things that are worth saying 'yes' to and embrace them.



Finances

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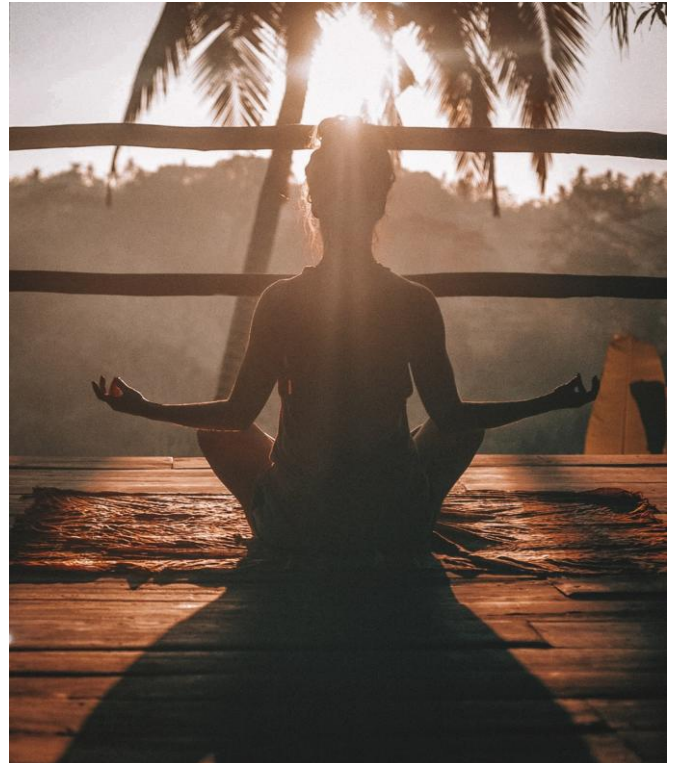


- **Spending within your budget:** Spend less than you take in. Buying on credit is only asking to get into trouble.
- **Pay down those credit cards:** If you're already in debt then make a specific plan to whittle it away.
- **Using cash on purchases instead of a credit card:** It's so easy to spend money you don't see. By using cash, you're very aware of just where the money goes – and how much of it you're spending.
- **Give:** Remember to give back to the world around you. Don't have the extra cash to be generous? Think about giving your time through volunteering.
- **Introduce a cool-down purchase waiting period.** Rather than buy on impulse, walk away and look at it again the next day or even an hour later. Once the initial attraction has passed, see if it's still something worth buying.

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Personal Attitudes

- **Embrace gratitude.** Taking the time to be grateful each day makes your own day go better. You'll be calmer and more at peace with your corner of the world.
- **Have an open-mind:** By mindfully practicing a habit of trying to look at both sides of an argument, or in practicing empathy, you discover things you never knew about yourself and the world around you.
- **Be someone that people can look up to.** Showing integrity in all things makes you a person people want to be around – and is someone you too can look up to.
- **Own up to flaws:** But when you make a mistake, by owning up to that mistake, you put that integrity into solid practice.



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Workplace



- **Stretch and take a break.** Before a meeting or when attacking a project for the day, get up and stretch, take a short walk or just take a breath. Clear your mind for the task ahead. Making stretching a habit leads to better circulation and helps restore energy, especially during those long afternoons when you find yourself falling into the doldrums.
- **Put away the cell phone.** There is nothing so annoying as seeing someone on their phone at the workplace. Even if you're only checking email once in a while, it still looks unprofessional. By disciplining yourself to stay off your phone at work, you not only free yourself from distraction, but the bosses will notice.
- **Get that certificate.** Or that degree. There is a great deal of self-discipline involved in spending your off-hours in class or doing homework when you're already working that full-time job. That said, the rewards are very tangible. Most companies will offer promotions more readily to the person who has the requisite degree or certificate.

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- **Managing yourself.** It's a true statement that in order to manage others, you first have to manage yourself. Self-discipline shows, and it becomes obvious to those above you. When there is an opening in management, one of the first questions asked will be "can this person manage themselves"?

Consider these tips a jumping off point to get you started. Again, only you know what you need the most. The easiest way to find the places you'd like to change is to ask yourself who it is you want to be. Then take the time to create that image very fully in your mind.

By understanding the traits and characteristics of your future self, you're better able to choose the things you need to change in order to reach your goals

From there it's just a matter of setting the self-discipline in place to carry those goals out.

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Conclusion

While the world of self-discipline might have made you initially think of a self-imposed prison, by now, you've probably realized that change of this nature doesn't have to be a bad or even a scary thing.

Instead, embrace the freedom that's found when you are under your own control.

Remember: *self-discipline means that you have seized control of your life and your destiny. You decide where you're going, and then you decide how you're going to get there.*

Self-Discipline is going to surprise you by just how freeing it is. Imagine yourself, calm and relaxed. You're doing well at work, you look and feel healthy and strong. You're confident and self-assured, and you truly are the best version of yourself on every level. That person, the one you just imagined is going to be you molded and shaped through self-discipline.

No one else made you this way.

No one tried to fit you into their own mold.

This is you. The best you. Created and shaped by your decisions. By your goals. This is the you that you want to be.

You have a lot to offer, but until you let go of other people's rules and expectations, you're never going to be more than you are now.

Seize the day! Embrace self-discipline!

It's time to let the rest of the world see just how amazing and free you are.

I never thought of myself as a person with self-discipline. But once I embraced what I am sharing here with you my life changed dramatically in a positive way.

To Your Success!

Connie Ragen Green

The Surprising Freedom of... Self-Discipline

About the Author

Connie Ragen Green is a bestselling author, international speaker, and online marketing strategist who is dedicating her life to serving others as they build and grow successful and lucrative online businesses. Her background includes working as a classroom teacher for twenty years, while simultaneously working in real estate. In 2006 she left it all behind to come online, and the rest is history.

She makes her home in two cities in southern California; Santa Clarita in the desert and Santa Barbara at the beach. In addition to her writing and work online, Connie consults and strategizes with several major corporations and some non-profits, as well as volunteering with groups such as the international service organization Rotary, the Boys & Girls Clubs, the Benevolent Protective Order of Elks, SEE International, the women's business organization Zonta, and several other charitable groups.

As the recent recipient of the Merrill Hoffman Award, presented to Connie by the Santa Barbara Rotary Club, being honored with this award has strengthened her resolve to serve others around the world in any way she is able to by using her gifts, talents, and experiences in a positive and sincere manner.

My [books on entrepreneurship and more](http://ConnieRagenGreenBooks.com) are at: <http://ConnieRagenGreenBooks.com> - check out my most recent titles to see which is best for your goals. If you're not sure where to begin, simply hit "reply" to any of my email messages and I will respond to your questions promptly.

