

How To Build Self Discipline By Martin Meadows

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How To Build Self Discipline

A psychologist shares six tips for lasting self-discipline to help you achieve your long-term goals. Self-discipline is the capacity to delay gratification in pursuit of a longer-term goal. Whether ...

How to build self-discipline to exercise and achieve fitness goals, according to a psychologist

Whether you are working from home or in-person, follow these tip ...

How to Navigate the Workplace

A happier child is more likely to turn out to be successful as an adult. Here's how you can ensure your child's success. The post Want To Raise A Successful And Happy Child? Here Are 7 Ways To Do It ...

Want To Raise A Successful And Happy Child? Here Are 7 Ways To Do It

Having a sore body after a workout is normal. We all know the pain of aching back muscles and leg muscles after a tough session – and it can set you back for days. It has long been an accepted fact ...

How to help aching muscles recover without using ice

As we move back to the office, the importance of relationships and connection will continue to be important. Cholena Orr, Graduate Programme Manager, ANZ urges us to build this skill by learning how ...

5 soft skills to help future-proof your career

Self-discipline is not just for religion but for health, for productivity, for harmony and for life. The fact that Pakistan is facing a tough third wave of Covid-19 is due to lack of self-discipline ...

Spirit of self-discipline

When you're involved in a complex or demanding task, it helps if you can get into the "zone" where your productivity is high and your focus is clear. Of course, achieving this takes more than ...

Achieving Peak Productivity: 15 Ways To Get Into The 'Zone' At Work

Is it "I am bipolar" or "I have bipolar"? Strengthening your self-image entails using language intentionally and finding supporters who avoid confusing ...

Bipolar & Building a Better Self-Image

Improved financial literacy can empower people to master their money and grow the confidence to better manage their money. Financial confidence can drive positive financial behaviours, such as saving.

How to build confidence to save in a sustainable way

Osagyefuo Amoatia Ofori Panin, the Okyenhene, has urged students to shift focus from non-existing public sector jobs and apply innovation and creativity to start and grow their own small and medium ...

Okyenhene urges students to develop entrepreneurial skills

The human brain only perceives a fraction of the information in front of it. And nothing replaces human contact, says neuropsychologist Lutz Jäncke.

Slaves to stimuli - how we lose our way on social media

In my article dated 17th December, 2018 and titled "Rumour's Argument on Nigeria's Stolen and Wasted Resources" published in thenigerian ...

Can Nigeria Be A Development Without Discipline?

Ramadan comes with a strong sense of hope. This year more than ever, we all need to do more to help others in need. Here are some Ramadan money lessons to help you get started.

How To Be Good With Money This Ramadan

Financial delayed gratification allowed us to pay off \$250,000 of debt which was worth every learning curve. Some people can't fathom the thought of delayed gratification as if they will miss the ...

How Financial Delayed Gratification Worked For Us

Pexels.com Consistently trading penny stocks profitably may seem like a mystery to most newbies who have decided to trade them. But it is definitely not rocket science, and all it takes is the right ...

A Step-by-Step Guide to Finding the Right Penny...

If you build good credit, you will have a pretty easy time getting loans offers from a wide variety of lenders to expand your business or to buy that dream home - but if your score is low or ...

Build good credit to get a wide variety of loan options

Prime Minister Pham Minh Chinh has told the Finance Ministry to reform the mindset on policy building in the direction of mobilizing resources from all sources and using all resources in an effective ...

Prime Minister requires Finance Ministry to reform mindset on policy building

IF companies can get tax relief for spending their money on research and development or plant and machinery, why on earth can't they claim allowances for investing in young people?

How to reform apprenticeship levy to ease skills crisis - Dave Jackson

The Stock Exchange of Thailand (SET) has strengthened partnership with private and public sectors to enhance the current "Happy Money" financial planning project, with an aim to provide financial plan ...

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