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#### **Shut Up and Do It! (2007) - IMDb**

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Knowing when to open your mouth and when to keep it shut is valuable wisdom. We all sometimes don't speak up when we should, and do speak when we shouldn't. But successful people do a lot less of this and know the value, particularly, of keeping quiet. Here are ten examples of instances in which you would be better off not saying anything.

In the area of character and virtue, discomfort means keep going. If you're uncomfortable taking responsibility, just shut up and do it. Do stuff you want to avoid. Fear is defeated by doing what's uncomfortable. You overcome fear of snakes, for example, by getting progressively closer to snakes. (Exposure Therapy) The answer to insecurity is action.

Just Shut Up and Do It By Hope Ann June 15, 2018 June 8, 2018 A Writer's Life, Inspirational. My mother gave me some advice a number of years back. Like... back when I was the age of the heart-wrenching children I like to put in my stories.

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Start doing what you want to do, without any fear of embarrassment, and be persistent towards achieving your goals. The difference between goals and dreams or wishes is that goals are always clear and have deadlines. Create markers along your journey of big life goals. Plan a day ahead what you would do tomorrow,...

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Clarity, Focus, and Concentration: Three strong, simple attributes needed to hone in your potential and hit the bull's eye! And just as you can develop your physical muscles through hard work and concentration, you can develop your mental muscles through continuous repetition. You have the ability right now to achieve more than you ever have before.

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For Windows 10. Select Start and then select Power > Shut down. For Windows 8.1 / Windows RT 8.1. Move your mouse to the lower

left-hand corner of the screen and right-click the Start button or press Windows logo key + X on your keyboard. Tap or click Shut down or sign out and choose Shut down.

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