

SELF-DISCIPLINE

Self-discipline is the ability to control your own behavior. It is especially useful when you need to do things that are difficult or unpleasant.

OVERVIEW

Self-discipline is the ability to control and regulate oneself in order to achieve goals or maintain a desired lifestyle. It involves making conscious choices that align with long-term objectives rather than succumbing to immediate gratification or distractions.

Self-discipline requires consistent practice, determination, and the willingness to resist temptations or overcome obstacles along the way.

EXAMPLES

- **Daily Exercise:** Maintaining an exercise routine even on days you don't want to do it.
- **Regular Studying:** Studying at school or university even when you don't want to, to get top grades.
- **Going to Bed on Time:** Stopping what you're doing and getting into a settling routine to get to bed early, so you wake refreshed tomorrow.

Discipline With Respect A Practical Guide

ML Morrison



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