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Zespół Szkół w Głogowie Młp.

by

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“With self-discipline most anything is possible”. This sentence conveys an important message, which will help us to reach a success. It's hard to be self-disciplined, especially at the beginning. The first days on a diet for someone who wants to start healthy life-style and has never exercised and is used to eating mainly fast-food are horrible. The one thought that appears in his/her mind is "I'll give up". However, if you carry on, the next days will become easier. It's possible to persevere in our decision only with self-discipline. It will help you with everything you want to change in your routine. Maybe, you will try to fight with your laziness to start learning regularly or keep your room in cleanliness. Provided that you are permanent in your activity, it will be your daily habit in the future. Don't give up with doing something new just because of the fact that it needs time or some effort from you. It depends on you, your strength and self-discipline if you reach a success or not.