



Lifelong
Learning
Programme

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“Happiness depends on self-discipline. We are the biggest obstacle to our own happiness.”

Self-discipline is something that we need to reach our own success and to be happier. We must set new goals, sacrifice pleasure for duty, pay more attention to our principles.

Without self-discipline we wouldn't be able to manage our own life. Sometimes we lose lots of time doing unimportant things. As a result we feel so exhausted and unhappy. With self-discipline we are much more determined, organized, achieving set goals comes easily and we also have stronger personalities and we can overcome negative habits. We feel that the world is a happier and better place than before.

To achieve the ability to control our mind it isn't enough to say: "From now on I will start doing it". Achieving self-discipline isn't an easy task, but benefits that we can gain are worth the sacrifice. And when we have our own accomplishments, we are joyful and satisfied.

I tried to develop this quality in myself. It didn't work out. I wasn't able to deal with difficulties and unfortunately I gave up. Now I want to try again. I feel more determined. I'm going to start with small things and my target is to reach perfection in planning my own time and achieve designated goals. These first, small steps are the most important. Thanks to them, I will see how easily I will reach my objectives. I know how important it is to keep going. I hope I will achieve my goals and self-discipline will help me with that, and I will be happier. I feel improvement already.