



Lifelong
Learning
Programme

Comenius Multilateral Partnership 2013 – 2015
Training For LIFE – Leadership Initiative For Europe

Zespół Szkół w Głogowie Młp.

by **Michał Nabożny** 3 a

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

Are these words true? Yes, of course. Self-discipline helps to constitute great achievements but sometimes it also requires great sacrifices. We must overcome negative habits and believe that we will be able to do it. This is the only way, the key to success. We must start to control our minds, take small steps forward and believe that sometimes the only remedy is hard work and perseverance. If we want to reach goals, we must not give up at the beginning, we still need to work on developing strong personality.

People often think that they cannot change their lifestyle but that's not true. If you put into it a little bit of effort, you will see that it is not difficult. Everything depends on us. If we really care, we can face even the most difficult challenges.