



Lifelong
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by

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SELF-DISCIPLINE

Theodore Roosevelt once said: *“With self-discipline most anything is possible”*. According to me he was right and I will try to prove it.

Have you ever wondered what people who have achieved success in life have in common?

According to many researches self-discipline is the ability to discipline oneself.

Here are 7 benefits of self-discipline:

1. The habit of self-discipline is the guarantee of success. Anyone who is successful has this attribute, due to which he can do something independently of the willingness and external conditions.
2. With self-discipline you do more, faster and better than others.
3. At work you are more likely to earn more and get promoted.
4. You will have better sense of control, personal strength, the belief that you can do anything.
5. When you are disciplined you have got higher self-esteem and can be proud of yourself, you feel better.



6. The higher self-discipline you have got, the more confident you are and less fear of rejection you experience.
7. With self-discipline you will have such a strong character that you will defeat every obstacle and become a great man.

The arguments above clearly show that **self-discipline** is the most important factor for success. I think it's enough to prove that Roosevelt's point of view was true.