



Lifelong
Learning
Programme

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

Zespół Szkół w Głogowie Młp.

by **Zuzanna Jeż** 3 a

Self – discipline is a systematic action in a particular direction regardless of mood or external conditions.

A lot of people achieve success through the hard work for example Theodore Roosevelt – the twentieth sixth president of the USA. He said: “With self – discipline most everything is possible. “ In my opinion he was right. It might seem that the way to success resides in our minds. But it isn’t the whole truth. The most important is hard work and perseverance.

A good example is football. The first training is torture. It is based on physical efficiency and motor coordination. These are very hard to gain without a huge amount of work and self – discipline, of course.

The next example would be Ludwik van Beethoven’s life. He became deaf but he managed to compose the most famous of his creations - IX symphony d–moll.

I think that with self – discipline most everything is possible. You should only believe that you can achieve your aim, and you will do it.