

Shifting values of young teenagers



**ASSIGN
BUSTER**

Self-discipline expresses the ability not to give up despite failure and setbacks, as self-control, and as the ability to resist temptations and distractions that tend to stand in the way of attaining aims and goals. In fact, it is one of the most important pillars of real and stable success. Self-discipline is the ability that leads to self-confidence, self-esteem and inner strength, and consequently to happiness and satisfaction. Self-discipline is vital for overcoming eating disorders, addictions, smoking, heavy and excessive alcohol drinking and other negative habits.

It is also an important requirement for studying and learning, for developing any skill, and for success in self-improvement, spiritual growth and meditation. Most people acknowledge the importance and benefits of self-discipline, but very few take real steps to develop and strengthen it. This ability can be strengthened and developed like any other skill, through training. Yes, you can develop self-discipline with special exercises, which you can practice at any time and place. Self-discipline is a very useful and needed skill in everyone's life, and though most people acknowledge its importance, yet very few do anything to develop and strengthen it.

It requires effort and time. Self-discipline gives you the power to stick to your decisions and follow them through, without changing your mind, and is therefore one of the important requirements for achieving goals. An effective method for developing and improving our discipline is to perform certain actions or activities, which you would rather avoid doing due to laziness, weakness, shyness.

Conclusion

Doing things that you usually do not like to do. Or feel too lazy to do, you should overcome your subconscious resistance, train your mind to obey you, strengthen your inner powers and gain inner strength.)Relevance of conservation of forest & wildlife.