



SOCIAL ANXIETY

Discipline helps us turn small actions into lasting habits.

Discipline means doing what we need to do, even when we do not feel motivated. We can build discipline by starting with small goals, such as studying for 20 minutes every day or waking up at the same time. These simple actions can slowly become healthy habits.

Building discipline takes time and patience. We may sometimes make mistakes or lose motivation, but that does not mean we have failed. The important thing is to start again and keep going. With regular practice, discipline can help us become more responsible and reach our goals.



EXERCISE



Fill in the blanks

- 1 Discipline means doing what we need to do, even when we do not feel _____.
- 2 We can build discipline by starting with small _____.
- 3 Building discipline takes time and _____.
- 4 Discipline can help us reach our _____.

True or False:

- 1 Discipline means doing things only when we feel motivated. ➡ ☐ ✓ ☐ ✗
 - 2 Small actions can become healthy habits over time. ➡ ☐ ✓ ☐ ✗
 - 3 Losing motivation sometimes means we have failed. ➡ ☐ ✓ ☐ ✗
 - 4 Regular practice can help us become more responsible. ➡ ☐ ✓ ☐ ✗
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Answer Key

Fill in the blanks

1. motivated
- 2 goals
3. patience
4. goals

True or False:

1. False
2. True
3. False
4. True

