Good morning, ladies and gentlemen! Let me introduce myself, my name is SD, I`m **a** student of the ninth grade at school CISC.
Today I`d like to talk about Developing Self-discipline as the Essential Part to Success in Life.

I’m going to consider 3 issues.

Firstly, I`ll try to describe and analyze the self-discipline concept by studying its definition through the research literature.

Secondly, I`ll tell you the six powerful ways to develop self-discipline.

And finally, I’ll make a conclusion.

My presentation will take 5 minutes.

At the end of my talk I’ll be happy to answer your questions.

So, let`s get started.

To solve the tasks of my research I’ve decided to clarify the term of self-discipline.

According to the Longman Dictionary the notion self-discipline is defined as the ability to make yourself do the things you know you ought to do, without someone making you do them. From my point of view, I dare say, that people who have got developed self-discipline are definitely successful in all spheres of life. The well-known statement “The first and best victory is to conquer self.” belongs to a Greec philosopher Plato and directly indicates that this feature is essential for everyone who wants to gain a success.

To illustrate this point, I have applied to the recent research and found out that studies show that people with self-discipline are happier. Why? The scientists explain that due to self-discipline we actually accomplish more of the aims we truly care about. It may be hard to believe but facts demonstrate that self-discipline is the bridge between goals defined and goals achieved. Now let’s move on to the next point.

Having gone deep into this subject I became aware of importance to acquire a relevant trait. Would you like to know how to develop self-discipline? Now I’ll share the secrets of successful people with you! The writings on the issue cast (каст) a light on it. So, there are several ways of learning this feature. Here are the 6 most powerful things you can do to master self-discipline – which is imperative for life beyond your comfort zone.

The first one is to know your strengths and weaknesses. ***We all have weaknesses.*** Some people like unhealthy food, some like tobacco, etc. So, when you know your features it is easier to keep constant focus and acknowledge your shortcomings (шорткамингз), whatever they may be. Train hard to improve what you want to change. You can’t overcome anything until you do.

The second strategy is to remove temptation (темптейшн). As Oscar Wilde’s words say ‘I can resist anything except temptation’. Like the saying goes, ‘out of sight, out of mind’. It may seem silly, but this phrase offers powerful advice. Want to eat less? Throw out the junk food, buy healthy products.

The third thing you should remember is to set clear goals and have a clear-cut plan to achieve them. You must have a clear idea of what you hope to accomplish, just like any goal. You must also have an understanding of what success means to you. After all, if you don’t know where are you going, it`s easy to lose your way or get sidetracked. Remember to prioritize(прайоритайз). As a certain man says ‘having 10 priorities(прайоритиз) translates to no priorities’. A clear plan outlines each time-bond step you must take to reach your goals. Create a mantra to keep yourself focused. Successful people use this technique to stay on track, emotionally connect to their mission, and establish a clear finish line.

 The next position is diligence. We should practice daily diligence. We aren’t born with self discipline, it’s a learned behavior. And just like any other skill you want to master, it requires daily practice and repetition. It must become habitual. The bigger the temptation or decision, the more challenging it can feel to tackle all the tasks that also require self-discipline. In order to practice daily diligence, you must have a plan. Put it on your calendar, your to-do list, tattoo it on the back of your eyelids - whatever works best for you.

 The fifth step is to create new habits and rituals. Break your large goal into small steps. For example, if you are trying to achieve better sleep habits, start by going to bed 30 minutes earlier each night. If you want to eat healthier, change your grocery shopping habits and start cooking.

 The sixth way is to change your perception about willpower. If you believe you have a limited amount of willpower, you probably won’t overcome those limits. When we embrace the mindset of unlimited willpower, we continue to grow, achieve more, and develop mental toughness. ( тафнес)

 If you can remove all your subconscious obstacles and truly (трули) believe you can do what you want, then you will give yourself an extra boost of motivation toward making these goals a reality.

 As you can see, people with a higher degree of self-discipline don’t waste their words and time. They are more decisive and organized. They don’t let impulses or feelings dictate their choices. As a conclusion, I’d like to say, that happiness, success and fulfillment stem from self-discipline. I wish all of us to become the architects of our own beliefs and to take the actions leading to a desired outcome! As a result, to tend to feel more satisfied with our lives.

 That`s all for now. Thank you for your attention. If u have any questions I`d be pleased to answer them.