

SELF-CONTROL

Meaning: Self-control is the ability to regulate one's emotions, thoughts, and behaviors in the face of temptations and impulses.

1. Self-control is essential for achieving long-term goals and personal success.
2. Many people struggle with self-control when it comes to unhealthy eating habits.
3. Practicing self-control can lead to better relationships and improved emotional well-being.
4. Developing self-control is often seen as a key skill in overcoming procrastination.
5. Meditation and mindfulness can significantly enhance one's ability to exercise self-control.

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