

# SELF-DISCIPLINE

*Meaning: Self-discipline is the ability to control one's emotions, behaviors, and desires in order to achieve long-term goals and success.*

1. Self-discipline is the key to achieving long-term success in any endeavor.
2. Developing self-discipline takes time and requires consistent effort and dedication.
3. Many successful athletes attribute their achievements to their strong sense of self-discipline.
4. Practicing self-discipline can lead to improved mental health and a greater sense of control over one's life.
5. Without self-discipline, it can be challenging to resist temptations and stay focused on your goals.

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