

Discipline benefits [Benefícios de disciplina]

Texto e áudio – Nível de dificuldade baixo/médio.

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Self-discipline benefits and importance

Self-discipline is one of the most important and useful skills. This skill is essential in every area of life.

Self-discipline means self-control, which is a sign of force and control of your actions, and your reactions. Self-discipline gives you the power to maintain your decisions and follow them without changing your mind.

The possession of this skill enables you to persevere with your decisions and plans until you finish them.

The possession of this skill leads to self-confidence and self-esteem, and consequently, to happiness and satisfaction.

On the other hand, lack of self-discipline leads to failure, loss, health and relationships' problems, obesity, and to other problems.

This skill is also useful for overcoming eating disorders, addictions, smoking, drinking and negative habits. You also need it to make yourself sit and study, exercise your body, develop new skills, and for self-improvement, spiritual growth and meditation.

Self-discipline helps you:

- Avoid acting on impulse.
- Stick to the promises you make to yourself and to others.
- Overcome laziness.
- Continue working on a project.
- Go to the gym, walk or swim, even if your mind tells you to stay at home and watch TV.
- Continue working on your diet, and resisting the temptation of eating fat foods.

Adapted from: http://www.successconsciousness.com/self_discipline.htm

ÁUDIO: Copie o texto acima, cole na janela do Acapelabox que abrirá ao [clicar aqui](#) e dê play para ouvir.