

Discipline benefits [Benefícios de disciplina]

Texto e áudio – Nível de dificuldade médio/alto.

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Self-discipline benefits and importance

Self-discipline is one of the most important and useful skills everyone should possess. This skill is essential in every area of life, and though most people acknowledge its importance, very few do something to strengthen it. Contrary to common belief, self-discipline does not mean being severe toward yourself, or living a limited, restrictive lifestyle. Self-discipline means self-control, which is a sign of inner strength and control of your actions, and your reactions. Self-discipline gives you the power to stick to your decisions and follow them through, without changing your mind.

The possession of this skill enables you to persevere with your decisions and plans until you accomplish them. It also manifests as inner strength, helping you to overcome addictions, procrastination and laziness, and to follow through with whatever you do. One of its main characteristics is the ability to reject instant gratification and pleasure, in favor of some greater gain, which requires spending effort and time to get it. 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 rashly and on impulse.
- Fulfill promises you make to yourself and to others.
- Overcome laziness and procrastination.
- Continue working on a project, even after the initial rush of enthusiasm has faded away.
- 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 fattening foods.

It will be easier for you to strengthen your self-discipline, if you:

1. Understand its importance in your life.

2. Become aware of your undisciplined behavior and its consequences and make the effort to act against laziness, procrastination, or the desire to give up and stop what you are doing.
3. You can strengthen your self-discipline, even if it is currently weak, with the help of special simple exercises, which you can practice at any time or place.

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

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