BUILDING SELF-DISCIPLINE



MATCH THE WORDS TO THEIR MEANINGS

- Fall behind
- Stick with something
- Set big goals
- Keep momentum
- Procrastinate

- Delay doing something important
- Continue doing something over time
- Fail to stay on schedule
- Make ambitious plans
- Continue progressing

LISTEN TO THE PODCAST AND COMPLETE THE SUMMARY



Developing self-discipline often starts with creating small, 1) _____ habits rather than setting large goals. When goals are too ambitious—such as exercising for an hour every day or following a perfect routine—people can quickly feel 2) _____ and give up. It can frustrating not being able to keep up with such 3)_____.

Instead, focusing on tiny habits makes it easier to build 4)_____ and maintain progress over time. For example, committing to just five minutes of daily exercise or language study can lead to long-term improvement. These small actions are easier to5) _____ with. Remember, 6) _____.

The idea, inspired by the book 'Atomic Habits', is to make new habits so simple that it's almost impossible to say no. Over time, these small 7) _____ accumulate, becoming part of a person's routine and leading to meaningful, lasting change—without burnout.

LIVEWORKSHEETS