

# 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 be 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 to 5) \_\_\_\_\_ 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.