

**Time spent in an English-speaking country:** 2 years

**Age:** 22

**Semester:** 6

**Faculty:** Human Sciences

**Topic:** Strict self-discipline is the best road of happiness.

**Original Text:**

**Title:** self-discipline

it self-control of positive or negative habits as a person desires, if it's discipline on positive habits that make feel as comfortable like "do sports, self care both internally and externally, healthy eating and avoiding sugars and starches" this discipline can make change life for the better.

if the discipline on native negative habits it will make psychological destruction that can cause depression like "sleep for a long time, not working, watch TV too much" that can change life for worse