

# self-discipline *(self-dis-ci-pline)*

## Definition

n. the ability to control oneself and make good choices.

## Example Sentence

To grow up I must learn some **self-discipline**.

## More Example Sentences

Practicing **self-discipline** helps achieve goals.

## Synonyms

willpower; self-control; restraint

## Antonyms

indulgence; weakness; recklessness

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