Essay Topic D

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**Issue of Importance**

**Self-Control**

There are several issues which I have found important and crucial to me. They are crucial because of different reasons but the most important and highly crucial issue to me is Self-control. It has been experienced even by every person that how much problems can be eliminated if someone implements the concept of self-control. For example, everyone wants to and have access to a toothbrush to brush his or her teeth but they don’t brush their teeth because of their level of laziness. As well as it is much incoherent of choosing not to go to school or office because of your sleepy behaviour or giving more time to sleep, which may lead to your failure = in achieving your dreams and goals of life. In fact, we face a number of problems when we decide who we are and what are doing. In our activities, we work towards achieving our goals or we go away from them. Every day and everywhere, someone struggles with any type of problem which could be easily solved by him or her. Very sadly, people don’t realize that there is a problem which becomes that major cause of all the problems which occur in their lives. Additionally, this is not really a problem but it is a simple idea o self-control. If all of the people or individuals learn to use self-control in their lives then they would be able to make the right and fine decisions in life.

There is no doubt that people achieve happiness through reaching their goals of life. We achieve our goals through smearing ourselves to the goals of our lives. For smearing ourselves, we use the way of self-control. If we cannot dominate the actual basis of self-control then we cannot expect that we would get succeed in life. It has been asked several by myself from myself whenever I saw someone with having no self-control nor any efforts towards the achievements of his/her goals of life. I realize and fear that one and highly crucial problem which my generation faces and will be facing is self-control.

Most of the things or even everything can be improved if we have higher self-control. For instance, the idea of eating healthy, if all of us choose to eat healthy foods then the demands of healthy foods would definitely increase which is a positive act from every aspect. This common and simple approach os eating healthy apply when someone or his/her family choose what they eat and they grow on their own. In society, you could group up to create an environment where everyone eats healthy so that we could reach the goal of making the entire community to eat healthily. My generation should absorb and learn self-control because we all are in charge of the health of our entire society. This is a very simple concept but most of the people in my generation lack of self-control.

We cannot state that we are fully perfect in terms of self-control while we have been covered a lot by feelings and number of people grieve from different mental illness while I had also faced Bipolar Disorder when I was child as well as continuously learnt that what works fine and what does not, for keeping a clear state of mind. I was not focusing on taking medicines while I was sure that self-control can be the way to manage the issue.

In the recent past, I had worked to have enough self-control while working towards the achievement of my goals and it helped a lot. Now, self-control comes to me naturally for having a happier a good life. I also hope that as with the growth of my new generation, higher number of people will be learning to have strong self-control.