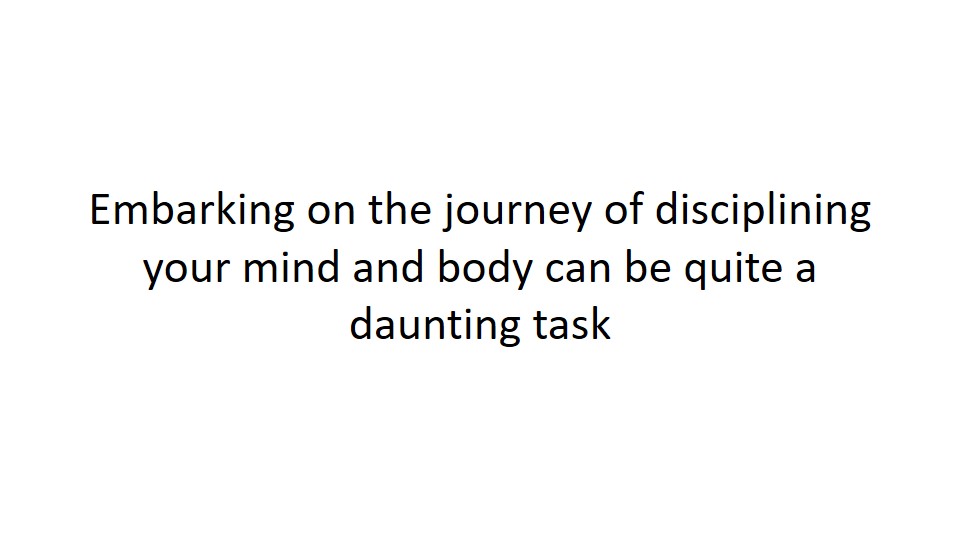
# Conclusion



**S1**: Pause for 3 seconds



**S2**: That brings us to the end of this video course. I know that was a lot of information to process in such a short span of time. Embarking on the journey of disciplining your mind and body can be quite a daunting task.



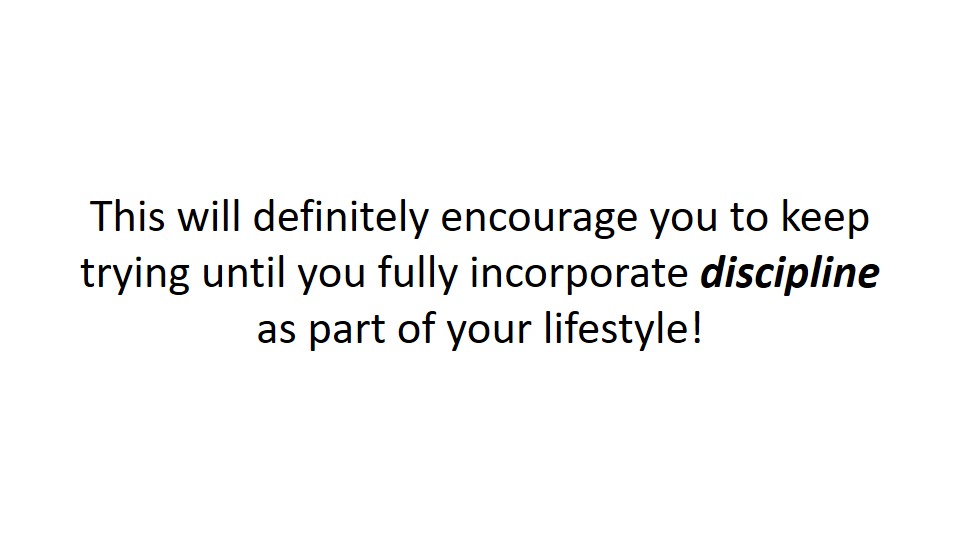
**S3**: You will feel discouraged midway!



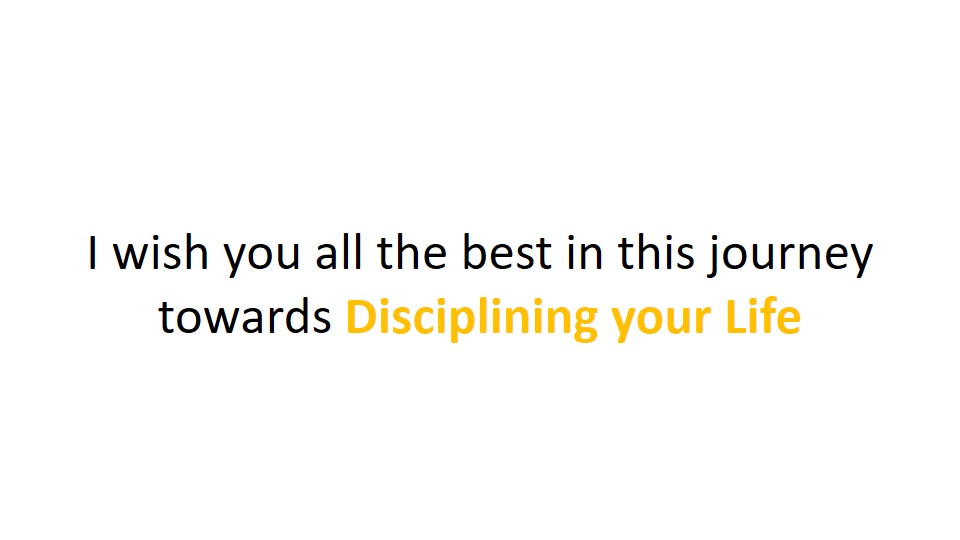
**S4:** But, remember the positive effects of discipline on your life.



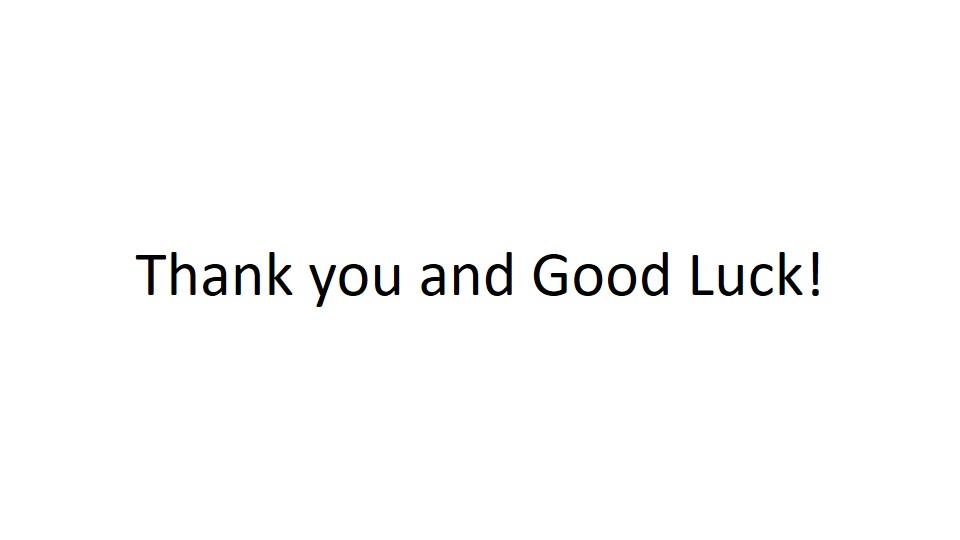
**S5:** Imagine how you can improve your life, by adding some discipline to it.



**S6**: This will definitely encourage you to keep trying until you fully incorporate discipline as part of your lifestyle!



**S7:** I sincerely hope that you found this video course useful. I wish you all the best in this journey towards disciplining your life.



**S8**: Thank you and good luck!