

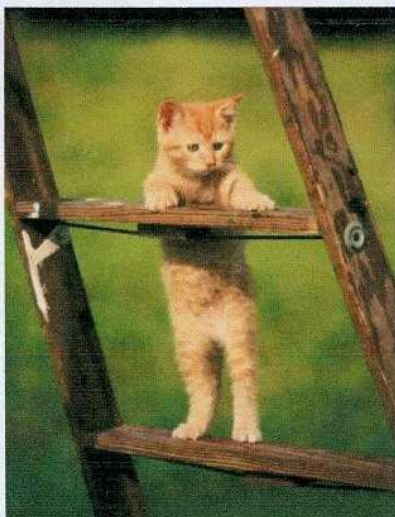
Self-control is regulating our behaviour for our own personal growth and for the benefit of others.

Self-control is refraining from hurting others and it is about accepting difference.

When we resist temptation and greed we are exercising **self-control**.



We can achieve our goals when we make sacrifices and control our unhealthy urges. This makes us happier individuals.



Thus, we can contribute better to the world when we control our impulses and self-interests and consider the feelings of those around us. With **self-control** we can reach great heights.

