



# DIALD

## February News Letter

### **Building English Knowledge Fact-Opinion-Belief**

#### **Self-Discipline - The Foundation for Success**

No personal success, achievement, or goal, can be realized without self-discipline. It is singularly the most important attribute needed to achieve any type of personal excellence, athletic excellence, virtuosity in the arts, or otherwise outstanding performance.

Self-discipline is the ability to control one's impulses, emotions, desires, and behavior. It is being able to turn down immediate pleasure and instant gratification in favor of gaining the long-term satisfaction and fulfillment from achieving higher and more meaningful goals.

To possess it is to be able to make the decisions, take the actions, and execute your game plan regardless of the obstacles, discomfort, or difficulties that may come your way.

Certainly, being disciplined does not mean living a limiting or a restrictive lifestyle. Nor, does not mean giving up everything you enjoy, or, to relinquish fun and relaxation. It does mean learning how to focus your mind and energies on your goals and persevere until they are accomplished. It also means cultivating a mindset whereby you are ruled by your deliberate choices rather than by your emotions, bad habits, or the sway of others. Self-discipline allows you to reach your goals in a reasonable time frame and to live a more orderly and satisfying life.

*Exert from Self-Discipline - The Foundation for Success - Essential Life Skills.net*

## FIGURES OF SPEECH



### *level-headed*

-having or showing sensible sound judgment-

She was glad to have the advice from someone who is level-headed.

เธอยินดีรับคำแนะนำจากคนที่มีความคิดที่แสดงให้เห็นว่าคนนั้นเป็นคนที่มีความรอบคอบในการตัดสินใจ

### *keep one's eye on the ball*

-to remain alert to the events occurring around oneself.

If Wisut is to be successful in this business, he'll have to keep his eye on the ball.

ถ้าคุณวิสุทธิ ประสบความสำเร็จในธุรกิจนี้เขาจะต้องมุ่งมั่นเพียงเป้าหมายเท่านั้น

### *track record*

-refers to a person or organization's past performance in any type of endeavor (effort).

Suri's track record shows that she is suitable for the position.

จากประวัติการทำงานของสุรีแสดงให้เห็นว่าเธอเหมาะสำหรับตำแหน่ง

# Grammar Attack

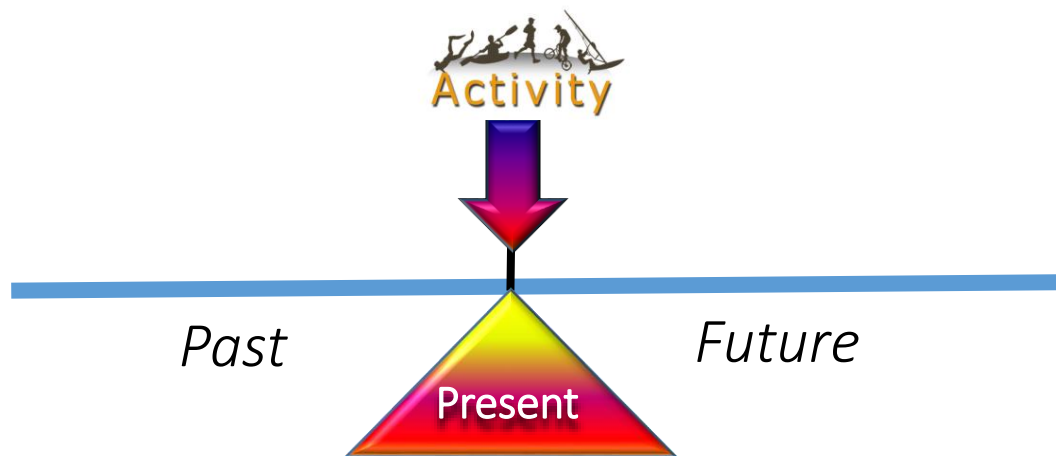
Do you understand?

## PRESENT SIMPLE

Establishing the **Present Simple Tense** (Simple Present)

*Used to present facts and repeated actions.*

Discussing a fact or habitual activity



This tense expresses general truths, habitual actions, or facts that are timeless.



Plants **grow** in soil.

*Characteristically plants surrounded with dirt allows for plant development- whether it is in the past, at present, or in the future.*

# Forming the Present Simple

Subject + Verb (present form)

## Subject

I / You / We / They

He / She / It

## Verb

**sleep** *late on Saturdays.*

**goes** *to work on time everyday.*

take

visit

verify

challenge

run

mix

achieve

determine

repair

store

accept

accomplish

end

talk

balance

study

or (a **VERB** in base form + an “s” ending)

takes

visits

verifies

challenges

runs

mixes

accepts

determines



**Note:** Verbs must follow the subject-verb agreement rule. If the subject is he/she/it, the verbs must end with (**-s**).

1. The researcher (**she/he**) **takes** samples from a population.
2. The doctor (**she**) **visits** all of the patients.
3. The data (**it**) **verifies** the hypothesis.
4. The sun **sets** in the west.
5. We **produce** lasers for cosmetic surgery.
6. They **move** into their new home next week.
7. I **read** the Wall Street Journal.
8. Thailand **plays** Brazil in the next round.

# Fun with English

## Rebus Puzzle

-a kind of word puzzle that uses pictures to represent words or parts of words.



Top secret

What is the word or phrase expressed in the following rebus puzzle?

Answer to last week's rebus puzzle:

1 3 5 7 9 R  
whelming

The Odds are over whelming

[The chance of success are very low - a 1 to 5% chance of succeeding.]

What is the word or phrase expressed in the following rebus puzzle?

WINEEEEE

(The answer to the Puzzle will be in the next issue.)

Quote of the Month

"If you can't explain the simple, you don't understand it enough"

- Albert Einstein

หากคุณไม่สามารถอธิบายแม้แต่สิ่งง่าย ๆ แสดงว่าคุณได้คุณไม่ได้เข้าใจ  
มันดีพอ