

How to Build Self-Discipline and Stay Focused

#				EXAMPLE
1	distraction <i>noun</i>	chalg'ituvchi narsa	отвлекающий фактор	My phone is the biggest distraction when I study.
2	focused <i>adjective</i>	diqqatini jamlagan	сосредоточенный	Stay focused on your goal.
3	endless <i>adjective</i>	cheksiz, tugamas	бесконечный	I'm tired of this endless rain.
4	notification <i>noun</i>	bildirishnoma	уведомление	Turn off your notifications during class.
5	motivated <i>adjective</i>	ishtiyoqli, motivatsiyali	мотивированный	She is very motivated to get into a good university.
6	concentrate <i>verb</i>	diqqatni jamlamoq	сосредоточиться	I can't concentrate with all this noise.
7	self-discipline <i>noun</i>	o'zini tiyish, intizom	самодисциплина	Learning a language on your own needs self-discipline .
8	goal <i>noun</i>	maqsad	цель	My goal is to read one book a month.
9	skill <i>noun</i>	ko'nikma	навык	Time management is a useful skill .
10	train <i>verb</i>	mashq qildirmoq, o'rgatmoq	тренировать	You can train your brain to focus for longer.
11	delay <i>verb</i>	kechiktirmoq, ortga surmoq	откладывать	Don't delay — apply today!
12	pleasure <i>noun</i>	zavq	удовольствие	Reading gives me a lot of pleasure .
13	succeed <i>verb</i>	muvaqqiyatga erishmoq	преуспевать	You will succeed if you don't give up.
14	wired <i>adjective</i>	(tabiatan) moslashgan	запрограммированный (о мозге)	Our brains are wired to notice danger.
15	short-term <i>adjective</i>	qisqa muddatli	краткосрочный	These are only short-term solutions.
16	reward <i>noun</i>	mukofot	награда	The rewards of studying come later.
17	hit <i>noun</i>	qisqa zavq, kuchli ta'sir	прилив, доза (удовольствия)	Sugar gives you a quick hit of energy.
18	manage <i>verb</i>	boshqarmoq, uddalamoq	управлять, справляться	It's important to manage your time well.
19	stressed <i>adjective</i>	asabiylashgan	в стрессе	I feel stressed when I have too much homework.
20	habit <i>noun</i>	odat	привычка	Biting your nails is a bad habit .
21	break <i>noun</i>	tanaffus	перерыв	Take short breaks when you study.
22	strategy <i>noun</i>	strategiya, usul	стратегия	What strategies do you use to learn new words?
23	consistent <i>adjective</i>	izchil, barqaror	последовательный, постоянный	Be consistent — practise a little every day.
24	punishment <i>noun</i>	jazo	наказание	Extra homework shouldn't be used as a punishment .
25	remove <i>verb</i>	olib tashlamoq	убирать	Please remove your bags from the seats.

26	temptation <i>noun</i>	vasvasa, nafs	соблазн	Sweets are a big temptation when I'm on a diet.
27	deadline <i>noun</i>	oxirgi muddat	крайний срок, дедлайн	The deadline for the essay is Friday.
28	waste <i>verb</i>	behuda sarflamoq	тратить впустую	Don't waste time on things that don't matter.
29	reward <i>verb</i>	mukofotlamoq	вознаграждать	Reward yourself with a walk after studying.
30	track <i>verb</i>	kuzatib bormoq	отслеживать	This app tracks how much water you drink.
31	improvement <i>noun</i>	yaxshilanish	улучшение	There's been a big improvement in your writing.
32	motivate <i>verb</i>	ruhlantirmoq, undamoq	мотивировать	Good teachers know how to motivate students.
33	imperfection <i>noun</i>	kamchilik, nomukammallik	несовершенство	Learn to accept your imperfections .
34	temporary <i>adjective</i>	vaqtinchalik	временный	Bad moods are temporary .
35	powerful <i>adjective</i>	kuchli	мощный	Habits are more powerful than motivation.
36	depend on <i>phrasal verb</i>	...ga bog'liq bo'lmoq	зависеть от	Your success will depend on your effort.
37	mood <i>noun</i>	kayfiyat	настроение	Music always puts me in a good mood .
38	successful <i>adjective</i>	muvaqqiyatli	успешный	She runs a successful business.
39	routine <i>noun</i>	kundalik tartib	распорядок, рутина	A good morning routine helps me start the day.
40	show up <i>phrasal verb</i>	kelmoq, hozir bo'lmoq	приходить, появляться	Half the class didn't show up today.

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