

## TOPIC: THE MORE YOU SWEAT IN PEACE, THE LESS YOU BLEED IN WAR

### OUTLINE

#### 1- Introduction **sentence structure is fine**

Thesis Statement: Rigorous work and practice when the time is favourable saves from the hardships of adversity. Despite the alluring nature of comfort, it does not yield promising consequences. However, those who endure the pain of discipline and consistency in the beginning, embrace success later. (43)

#### 2- How sweating in peace saves from bleeding in war

#### 3- How discipline and consistency saves individuals from future struggles

- Discipline converts positive actions to habits
- Develops the virtue of self-control
- Discipline prevents procrastination
- Consistent efforts build credibility
- Reduces uncertainty for future
- Turns small actions to great results
- Consistency ensures steady progress

#### 4- Allures of comfort leading to failure

- a) Avoiding discomfort promotes procrastination
- b) Staying in comfort zone weakens resilience
- c) Satisfaction with mediocrity kills passion and motivation
- d) Restricts learning and limits growth

#### 5- Early struggles in life lead the societies to a prosperous future

- a) Encourages education and skill building
- b) Gives rise to strong leadership among masses
- c) Encourages wise resource management
- d) Sows the seed of sustainability
- e) Ensures long term stability
- f) ~~It promotes social solidarity~~

#### 6- Conclusion