



<https://www.youtube.com/watch?v=A2sS00egAzg&t=600s>

Watch the video and write a summary/review. Do you find Elizabeth's tips helpful? Do you agree with her that some people are just not meant to be consistent and self-disciplined, yet they can achieve their dream goals like anyone else? If you don't agree, why is that? Send me your writing on IG, I'll be honoured to read it!