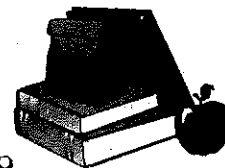
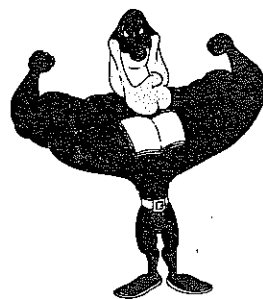


Self-Discipline



What Is Self-Discipline?

Self-discipline means self-control. It is getting yourself to do what you really want to do, rather than being tossed around by your feelings like a leaf in the wind. You don't lose control of yourself when you feel hurt or angry, but decide how you are going to talk and what you are going to do. With self-discipline, you take charge of yourself.



Why Practice It?

When you practice self-discipline, you are controlling your own behavior so others don't have to. Self-discipline brings you freedom. You get things done efficiently and have order in your life. Without self-discipline, we procrastinate. We eat things we shouldn't. We lose control of our emotions. Then people feel hurt. With self-discipline, life is more peaceful.



How Do You Practice It?

Observe your feelings and thoughts, then decide how you are going to behave. If you feel angry, instead of yelling or hitting, you can acknowledge your anger, then use a calm voice to tell someone you are angry and why. It is your choice. Create routines that bring order and peace to your day, such as when to wash, exercise, work and play. Set limits for yourself, like time on the phone, how much TV you watch, the number of sweets you eat – enough but not too much.

The Virtues Project

What would Self-Discipline look like if...

- You have put off doing a big job for some time?
- You are really angry when your brother starts wrestling with you?
- Your family has a rule of two sweets after school but no one is watching?
- You notice you are watching too much TV and feeling lazy?
- You decide you need a new daily routine?
- You keep getting punished for breaking a rule?

Signs of Success

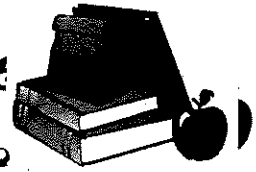
Congratulations! You are practicing Self-Discipline when you...

- Use detachment so your emotions won't control you
- Speak and act calmly when you are hurt or angry
- Get things done in an orderly, efficient way
- Create routines for yourself
- Do what is expected without people having to watch over you
- Do things on time

Affirmation

I have self-discipline. I use my time well and get things done. I choose my actions with detachment.

Activities with Self-Discipline



Personal Map

Make a map of how you spend your time on a typical day, illustrating what you do, where you go, ending with going to bed. Discuss things you want to keep in your routine and things you would like to change.



Poster Points

- My time is my own.
- My choice.
- I am the captain of my ship.
- Plan Ahead (with last letters crowding the margins).
- Being in charge of myself.
- Being my own leader.



Virtues Reflection Questions

- What are some problems we might have if we didn't use self-discipline?
- What are some of the benefits of self-discipline?
- What does it feel like to lose control of our emotions?
- When is it most difficult to feel in control of our emotions?
- Name three things you can do to stay in charge of yourself when you feel angry?
- How can you stop yourself from watching too much TV?
- What could you do instead?



Quotable Quotes

"I am the master of my fate; I am the captain of my soul." William Ernest Henley

"Procrastination is the thief of time"
Edward Young

"I don't wait for moods. You accomplish nothing if you do that. Your mind must know it has to get down to work." Pearl Buck

"What it lies in our power to do, it lies in our power not to do." Aristotle

"He who conquers others is strong. He who conquers himself is mighty." Lao-Tze

"Discipline puts back in place that something in us which should serve but wants to rule."

A. Carthusian

"Consistency is the key to true success...the people who get the better grades, are the ones who are consistently self-disciplined."

Jim Paluch



Drawing Self-Discipline

Draw someone doing a task or job that requires a lot of self-discipline.