**Reflection Braxton Medeiros Total Points: 100**

* 5 pts Questions **Affect: (What?, So What?...Return, Report, Reflect and Regroup.)**
  + **What? (Return and Report)**
    - What did I do to prepare for class this week?

Same as almost every week so far, I read/watched all of the preparation material prior to coming to class.

* + - What evidence can I provide that demonstrates with affirmation statements?
    - What concept from this week are you uncertain of or would like to know more about?
    - What topics were studied this week, and what are their definitions?

The topics studied this week were motivation and self-discipline. Motivation is basically the general desire or willingness of someone to do something. Self-discipline is the ability to control one's feelings and overcome one's weaknesses.

* + - What phase of your projects did you complete?
    - In your team meeting, what were the answers to this week’s questions?
    - Summarize this week’s scenario?
    - Where did you put your assignments on GitHub?
  + **So What? (Reflect and Regroup)**
    - What did I learn from the study material

I learned that motivation is kind of a myth. Motivation is not something that magically happens to you but rather a choice.

* + - Why is this week's topic important?

This week's topic is important because we need to be motivated and have self-discipline in order to be an effective team member.

* + - How did this week's scenario relate to the week’s topic?
    - What did you learn from your work on your project?
    - What insights did your team learn from this week’s questions?
    - What actions were assigned to you, in your team meeting?
* 10 pts Questions **Behavior: (What now?...my ideas are starting to emerge!)**
  + - What is the most significant take-a-way you have gained from your study this week?

The most significant take-away I had from this week is motivation is a choice made within. It is not some magical fuel that hits your body at any given time, rather it is your own choices.

* + - What do you do, steps, or processes related to this week's topic?

Well I have a hard time waking up in the morning and getting going. So steps I am taking is being self-disciplined and get out of bed when I wake up.

* + - How would you explain this week's topics to a person not in this class?
    - What did you learn by explaining this week's topic to someone not in this class?
    - Write a SMART goal for next week?
    - What would you do differently next week?
    - What five takes did you get from the scenario?
    - How does the weekly topic relate to the MIM model?
* 20 pts Questions **Cognitive: (Wow, I learn?... Ok that is deep!)**
  + - Why is this week's topic important for teamwork?

This week’s topic is important for teamwork because it pertains to self-discipline. Being self-disciplined in a team setting is crucial because it will help get your part of the work done.

* + - How do you plan on contributing to the team, besides completing your tasks?

I plan on being self-disciplined when working in my team. I will make sure I stay on topic and not distract others as well as myself. I will be mindful of the tasks I am given and be motivated to do them.

* + - How does your experience relate to other experiences you have had?
    - How does your experience relate to other classmates’ experiences?
    - Tell me about what you taught someone? And what did they learn that they didn’t know before?
    - If you were to write your experience as a STAR story, how would you phrase it?
    - If this was a religion class, how would you relate this week’s topic to the gospel?

This week’s topic goes nicely with the gospel. Being motivated and self-disciplined is key to being a disciple of Jesus Christ. Showing self-discipline such as withstanding temptation is huge!