Carson McBride Total Points: 100

Why is this week's topic important for teamwork? (20 pts)

This week we talked about discipline. Discipline is incredibly important in not just all aspects of our life but especially teamwork. By having discipline, we are committing ourselves to finishing tasks assigned to us by the team. It will build trust to consistently accomplish what you set out to do.

How do plan on contributing to the team, besides completing your tasks? (20 pts)

Much like the previous answer, having discipline as individuals helps the team. I plan on showing up to class, putting in consistent effort to be attentive, and take the actions I need to contribute to whatever the team might need.

How does your experience relate to other experiences you have had? (20 pts)

Forgive the cliché, but when I think about discipline in my life, I think about two things. First, I think about my mission. My mission took every ounce of discipline I had and then some. I had to wake up every day willing to do what the Lord wanted me to do and then exercise the grit to go and do it. Next, I think about fitness. While I like exercise, it doesn’t consistently come easy to me. It takes rigid discipline on what I can eat, how I should move, and even the situations I put myself in to make sure I stay consistent with my goals.

If this was a religion class, how would you relate this week’s topic to the gospel? (20 pts)

I would relate discipline with the scripture 2 Nephi 31:20 “Wherefore ye must press forward with a steadfastness in Christ, having a perfect brightness of hope and a love of God and of all men. Wherefore if ye shall press forward, feasting upon the word of Christ, and endure to the end, behold, thus saith the Father; ye shall have eternal life.”

This makes me think of that scripture because I like to think of enduring to the end as a commandment that requires much discipline. It requires the consistent effort to show up and accomplish the things God would have you do to be successful.

What would you do differently next week? (10 pts)

This next week, in general, I have some goals that will require a significant amount of discipline. So I am going to take the lessons I learned this week and really make the effort to apply the needed grit to accomplish these goals.

How would you explain this week's topics to a person not in this class? (10 pts)

I would use a quote that Brother Clements taught in class “self discipline is a gift”. I love that phrase. We learned the benefits of having the personal control to discipline yourself and what that enables us to do.