Reflection        Name: Joanna Gohnert                      Total Points: 100

* 5 pts Questions**Affect: (What?, So What?...Return, Report, Reflect and Regroup.)**
  + - What concept from this week are you uncertain of or would like to know more about?

I would like to learn more about myself. When I took the x and y theory questionnaire, I assumed I was going to lean more towards x-theory management because I sometimes feel a lack of confidents when I am put in a position where I have to be step up and take charge, but my results leaned heavily towards y-theory, and I am grateful to see how far I’ve come when it comes to my self-motivation and willingness to step up when needed.

* + - What topics were studied this week, and what are their definitions?

We learned about x and y theory management as one of the topics for this week. Basically, people who are more comfortable with x-theory management want to be monitored more and micromanaged, while people who enjoy y-theory management, which is the majority of people, prefer to work dependably without too much management involved, especially in the long term.

* 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?

My take-a-way is that discipline goes hand in hand with y-theory management. We need to be disciplined in order to perform better in the work place and when confidence in our abilities is needed. Self-discipline is required for all jobs, even at it’s most basic, like making sure we have enough discipline to get up in the morning to make it to work on time.

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

Well first, I made my bed. I don’t usually make my bed, but after my first class this week and hearing how productive it can make you, I wanted to try it. I didn’t feel much of a difference from that, but other self-discipline processes I achieved this week has really helped myself feel more reliable towards tasks that I am given, and it is a process that I want to continue every week.

* + - How would you explain this week's topics to a person not in this class?

I would explain to them why self-discipline is important for teamwork by telling them that to work with others, you need to first learn to work with yourself. No one on your team would want to listen to you if you can’t even listen to yourself, which is why self-discipline is key when trying to work with others.

* 20 pts Questions **Cognitive: (Wow, I learn?... Ok that is deep!)**
  + - How do plan on contributing to the team, besides completing your tasks?

I plan on being more confident in myself and those around me by practicing self-discipline. When I don’t have to worry about distractions and maintaining a good schedule to keep me going, I don’t have to worry about myself working with others, because I will have the discipline I need to get my work done, and to help others to feel accomplished in their efforts as well.

* + - How does your experience relate to other experiences you have had?

I have had experiences of practicing self-discipline when I had to be on a very strict diet for my health. The experience was not pleasant, but it has made it easier for me to make better choices regarding my health, and I also found that practicing self-discipline has made me feel more confident about myself as well as my decisions.

* + - If this was a religion class, how would you relate this week’s topic to the gospel?

Self-discipline is required for us to abstain from all forms of sin, and to also uphold our covenants we commit to when striving to grow closer to God through the gospel of Jesus Christ. We also need self-discipline to make us stronger and more self-reliant so that we can better the lives of those around us. Doing so will help us draw closer to ourselves, other people and our Heavenly Father.