**Why is this week’s topic important for teamwork?**

Discipline is important for teamwork because it moderates a professional environment. Individuals must be held responsible and accountable, as well as be capable of managing themselves appropriately for productiveness. If a team member is not disciplined, they may not be able to fulfill project requirements.

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

I will help others be disciplined. It is important that all members are disciplined in order to best accomplish a task.

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

If you want to be able to work well within a team, you must first be able to work well with yourself. This is the idea called discipline. Good self-discipline allows a person to be productive and efficient, while maintaining good health. It will help you to be organized and stay focused.

**What is the most significant take-a-way you have gained from your study this week?**

Building discipline is hard and takes time. Expect a lot of failure and put up a lot of patience. Set goals and find motivation, then work towards your goals. They can be super easy goals, such as making your bed in the morning every day.

**Tell me about what you taught someone? And what did they learn, that they didn’t know before?**

My brother once came to me ecstatically declaring that he wanted to buy an airsoft pistol. I felt the need to teach him about compulsive purchases. I told him that he should wait two weeks, and if he still felt like he needed it then he could buy it. This would allow him to give time to think it over and contemplate the pros and cons of the purchase, namely how often he would use it (which would be little to none thanks to lack of opportunity). He ended up saving about $120 dollars.

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

You are in control of your life. That being said, you are fully capable of throwing it away or wasting it. This is not an ideal plan for your life. Instead of falling into the trap of laziness, be productive with your life and leave something which will last. This will require you to build discipline so you can focus on something important in your life.

**Score: 100/100**

I chose 4 20-point and 2 10-point questions and answered them thoughtfully, deeply, and completely.