Name: Kamas Peterson

Date: October 7, 2022

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? Read each of the prep work materials all the way through.
    - What topics were studied this week, and what are their definitions? The topic that we are studying this week is self-discipline. What is self-discipline is an ability to focus on the task on hand or goal with the objective to reach a certain outcome.
    - Where did you put your assignments in GitHub? I put it in the index.html file under my other reflections.
  + **So What? (Reflect and Regroup)**
    - Why is this week's topic important? Self-discipline is important because when someone could be committed to a task or their goals then more things can be accomplished. Being self-disciplined can also help when doing a group project or doing teamwork.
* 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-a-way is that there are so many traits that contribute to being self-disciplined that make you able to be self-disciplined.
    - How would you explain this week's topics to a person not in this class? How I would explain self-discipline is when you are determined to accomplish something with a certain result. I would also explain to them that are certain trait that contributes to being a self-disciplined person and then I would give them a few examples.
    - How does the weekly topic relate to the MIM model? Self-discipline could be related to both consciousness and cooperation. In part because being conscious of what you are doing is part of being able to being disciplined. Cooperation can also be related in that when your in a group and doing a project you want people that are self-disciplined. Meaning that they can stay focused on what is on hand and are dependable.
* 20 pts Questions **Cognitive: (Wow, I learn?... Ok that is deep!)**
  + - Why is this week's topic important for teamwork? Having people that are self-disciplined in a team activity is important because then they can be depended on and you know that they will do there work. Also if they are self-disciplined the group knows that they have their priorities straight.
    - If this was a religion class, how would you relate this week’s topic to the gospel? Self-discipline can be related to the gospel because it we are all looking towards the goal to return back to our Heavenly Father. In order to do that we need to have our priorities in check and make sure that we are getting the things done that we need to in order to return back to him. So basically we need to be self-disciplined to return to our Heavenly Father.