

Spencer Wilson

W04 Reflection

**Point Total: 100**

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

This week we learned about self-discipline, and why it is so important that we all strive to gain it. As I understand it, self-discipline is the ability to act, instead being acted upon. One who practices self-discipline will be able to behave the way they want, and perform the actions they want, despite the outside stimuli that are affecting them. This is important for teamwork because it will allow individuals to behave in a peaceful and logical way when others are not behaving peacefully or logically.

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

I plan on contributing to the team this coming week by exercising self-discipline, meaning, I'll do the things I know I should (even when I don't want to), and I will try to avoid following my irresponsible "knee-jerk" instincts.

***How does your experience relate to other classmates' experiences? (20 points)***

Self-discipline is an interesting concept, because it may not mean the same thing for everybody. For certain people, simply getting out of bed in the morning requires a large amount of self-discipline, and may constitute a large achievement. While for others, a true test of self-discipline might be holding one's tongue, and not gossiping or speaking ill of others.

***Tell me about what you taught someone? And what did they learn, that they didn't know before? (20 points)***

My parents were in town for a couple days at the beginning of this week, so I was able to discuss some of the things I've learned with them. I told them about the clip we watched in class that explained why exercising self-discipline (and making your bed) is crucial if you want to make it far in life, and achieve the goals you've set for yourself. My Dad has

studied the subject quite a bit, and I'd consider him to be among the most disciplined people I know, so it was great to hear his thoughts on the subject.

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

Exercising self-discipline is the same thing as "conquering the natural man". Most of us are naturally inclined to take the path of least resistance, and do those things that are fun in the moment, but don't do much for us in the long run. Self-discipline is the act of forgoing immediate comfort and relaxation in order to obtain future growth and benefit.