I think that discipline plays a huge role in team work because, If you can’t control yourself then you can’t help the team progress as a whole. Once you have discipline you can understand how to implement yourself in the team.

Helping other people in my team is by helping myself have more self control over myself and helping my team members understand how I work and how to help me best.

When I was younger I had a problem with self control but as I have grown I have developed self control. My biggest experience in developing it was on my mission constantly being paired with people I did have to adapt to. And I had to develop my self control to how my companions acted and how to treat them.

On my mission I had a lot of experience teaching people about the commandments. I had to teach self control on the way along their path to salvation and of course I always shared with them my stories of self control and how I was not always the best at it but as I had grown my experiences and tried my best I got better.

Self control is a very big topic in the church. If we can’t have self control then we can’t keep the commandments or any of the covenants that we make with our heavenly father.