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CS 170

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Score: 100/100

This week's topic is important for teamwork because everyone needs to have self discipline to get things done in the workplace and in their personal lives. If you do not have self discipline, you will struggle to meet goals and will most likely have a hard time with work in general. I plan on contributing to the team by having self discipline and helping others in my team to have self discipline so we can all better rely on each other and become better and more effective as a team. My experience in this class relates to another experience I had when I was first learning how to have self discipline. A great quote I heard when I was first learning about self discipline was "How can you expect to change the world if you don't make your bed". We also heard this quote in class this week and it is a great quote and really helped me understand why making your bed is important and how important it is to have the self discipline to do that. I taught my girlfriend about why it is important to have self discipline and I shared the quote from class with her. She now knows more about why it is important to have self discipline and why making your bed is important. If this was a religion class, this weeks topic would have been taught around how it is important to have self discipline about reading our scriptures, praying, and also about having self discipline when it comes to the Law of Chastity and the word of wisdom.