# Wk 04: Reflection

What did I do to prepare for class this week? + 5

We watched some good videos about making your bed and read some talks about discipline and a little more about Kevin.

* What topics were studied this week, and what are their definitions? +5

We talked about discipline and how its not a punishment and if you treat it like it is it won’t help as much. How displace is a good thing that can help you because it is a gift. We also talked about how having the discipline to do what is right and not what is easy can be hard but good.

* Summarize this week’s scenario?+5

This week in the scenario poor Kevin can’t decide if he wants to be there in his job or not. Things go alright for a day or two, but he is not liking his job. He gets a good talking to from his manager and has an ultimatum that if he messes up one more time he is fired.

* What did I learn from the study material +5

I learned about how starting small things can help you build into bigger and bigger habits that are good. How making your bed in the morning can help you make then next step or make that next hard decision.

How being disciplined helps you when it comes to how people see you in everyday life and in your job.

* Why is this week's topic important? +5

This week’s topic on discipline is very important as almost everything you do that is hard requires a certain amount of discipline. Hard thing that you don’t want to do requires the most discipline and knowing how to exercise it and make it stronger is definitely a good thing.

* How did this week scenario relate to the week’s topic? +5

This week’s topic relates to Kevin in this week’s scenario because in his story he was lacking discipline to keep working hard as he started showing up to work late and was not taking his meeting seriously. He was spending his time elsewhere and he even said it was on a shoe he didn’t like just to not go to work.

* How would you explain this week's topics to a person not in this class? +10

I would talk about making your bed and how that discipline can start from small acts and can grow into larger tasks that require more discipline. How we are required to grow our ability and have a greater self-discipline both in physical things and in moral opportunities like Elder Christofferson talked about in his talk.

* What is the most significant take-a-way you have gained from your study this week? What do you do, steps, or processes related to this week's topic? +20

It’s silly I think but one of the more important take-a-ways from this week and something I have started doing relating to this week’s topic would probably be that I am trying to make my bed every morning now. If I can overcome my lack of discipline in a small way, then I can work my way up to bigger things in my life and this seems like a good place to start.

* Why is this week's topic important for teamwork? +20

Being disciplined in your own life can greatly help your team in that if you get your work done even when its hard or not something you want to do you can get it done. This helps your team because everyone relies on everyone on a team.

* If this was a religion class, how would you relate this week’s topic to the gospel? +20

In the gospel I would say discipline is one of the more important things to work on or study. There are so many temptations that we are warned about that are very enticing. Being disciplined enough to stay away from them is good but also being disciplined enough to do the good things is also just as hard. Discipline is a huge part of the gospel.