Notes:

Self-Discipline

Aspects we’ve learned about

Choose the right because its right

Deciding to take small steps to do a big impact

Make your Bed Video (You’ve completed 1 task) (After a tough day, you have a made bed to lay in to)  
 Making your bed is the beginning steps. If you make your bed, you can do anything

Theory X and Theory Y

Most People prefer ‘Y-Theory’ management

Scenarion – Mr. Kevin Porter