Self-Discipline

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

This week’s topic of self-discipline is important towards teamwork because you must have self-discipline to work with the people around you. Furthermore, self-discipline will allow for one to improve relationships with their team and utilize time more effectively. The benefit of self-discipline includes being able to focus on your goals. These traits all help one to become more of a team player.

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

This week, I taught my roommate about self-discipline. Self-discipline is the art of being consistently motivated to do things that you may not want to do. One element of self-discipline is creating personal motivation. Motivation can be created by doing small tasks such as making your bed when you get up in the morning. Self-discipline involves continuous effort in acting rather than deciding to react. By constantly acting, we become courageous and can accomplish a multitude of things. They learned that through self-discipline, they can become more courageous, self-motivated, and capable of overcoming any obstacle.

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

Self-discipline is important in keeping the commandments of God. When keeping the commandments of God, we may feel tempted to do evil. However, it is important to be self-disciplined and follow the path which Heavenly Father has laid out for us. Another example is the word of wisdom, by having self-discipline we can reap the physical and spiritual benefits that the word of wisdom bring to us.

**How does your experience relate to other experiences you have had? (20 points)**

This experience of self-discipline relates to other experiences that I have had in that self-discipline leads to the achievement of your goals later. I used to see self-discipline as self-sacrifice in the present for a desired result in the future. Through this experience, I have learned that through self-discipline you are building yourself up and are becoming more prone to taking action. By taking action quicker, I am also building confidence. Part of being self-disciplined is to become motivated. By completing a small task like making my bed, I can create motivation.

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

This week I plan on utilizing the results from the survey we took and try to be more y-theory oriented. This will include being more responsible and taking initiative rather than autocratic leadership. I believe that in doing so, I will become a more proactive member of the team. I will also become more responsible and diligent when working with my team.

Did a sufficient amount of work for each question. (100 Points)