David Schaad Total Points: 100

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

Self-discipline is the most efficient way to ensure you accomplish what you need to do. In a team setting, it’s unrealistic to expect someone to constantly be checking your work and keeping you on schedule, so often times, that responsibility falls solely on yourself. Having a strong sense of self-discipline means that you don’t need someone else to push you to do the things you need to do; you have the capability to push yourself.

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

Our ability to choose through the gift of agency comes at the price of needing to exercise discipline for ourselves. While temptations and trials are never impossible to overcome, they are challenging and can feel impossible at times. However, regardless how hopeless or powerless we feel, our actions are our responsibility. God doesn’t cause the earth to shake before we make a mistake; He puts His trust in us that even when there are seemingly no repercussions, we will do the right thing and discipline ourselves to become more like Him.

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

I think initiative is closely related to self-discipline. It can be easy to tell yourself that you only need to do what has been asked of you, even if there are other things you could do or work on for the benefit of the team. With this in mind, I plan to contribute to my team by not only doing what is required of me, but also seeking out opportunities to do more, whether that be improving something I’ve completed or offering to take additional responsibilities for the benefit of the group.

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

When I was in high school, I worked at a Papa Murphy’s pizza store. My manager was very kind and made sure to give us the opportunity to exercise our self-discipline. He would rarely hover over us to ensure we were doing things properly and instead would trust us to do our job well. However, he would always be willing to help us or to answer our questions if we were unsure about a specific process. This resulted in a much happier and much more productive workplace as opposed to other jobs I’ve had where every little thing I did was monitored and critiqued.

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

We learned about how developing your self-discipline not only can benefit you and your goals, but also the goals of the people you work with. By being able to rely on yourself and for others to rely on you, you can create a much more productive and independent workflow.

**What is the most significant take-a-way you have gained from your study this week? (10 pts)**

Self-discipline can be personally developed by setting small goals which only you can hold yourself to and working to reach those goals. Furthermore, self-discipline is entirely dependent on you; it’s very difficult for others to help you develop self-discipline without you being willing to take the steps yourself.