Reflection Week 4 Name: Ammon Fleming Points: 100

I prepared for this week by coming to class having read the material prior and having my materials and laptop ready and open to work. I would like to know more about self-discipline and like methods for improving our own self-discipline. We talked about moral discipline which is the ability within oneself to have self-control over your actions and knowing what’s right from wrong. This week's topic is important because we ourselves need to have discipline to do what's right and to work towards a goal on our own. We always need to work as a team but if we have projects or whatnot, we need to see it within ourselves that we have the discipline to get it done. The most significant thing I learned was to get up and make my bed. Maybe not literally but it's so important that we start out our day with that motivation to get something done. Having something to start your day already makes you feel achieved which is what everyone needs. When I wake up, I try to pray every morning. It helps me to get my day started off right and gets me closer to the Lord. I would explain to someone that everyone needs self-discipline to get what they need to get done in a team. You must have a will and motivation to do something and the greater that motivation is the bigger and better your contributions are going to be in a team. From explaining this week's topic to someone else, I learned the importance of what we are learning and how much motivation plays a key part in teams being cohesively working together. Without motivation there would be no drive to finish anything or even start it, which is why we need to make our bed every morning so that no matter the outcome of the day we feel accomplished. Next week I would pay attention to the details in the case study better and what some of the real issues are. This week's topic is important to teamwork because we all need to have self-discipline within ourselves so that when we are not together as a team, we can complete our portion of the project. We also need to have that same motivation we have in ourselves and then reflect it onto our team so that we can get things done in a timely manner and with great efficiency. This topic relates to the gospel because we need more daily motivation to serve the Lord and learn new things about his gospel. As we do this, we will become better disciples of Jesus Christ and improve our own self-discipline to serve him.

I have given myself 100 points because I answered enough questions to get me those points and I answered them all to the best of my ability and with thoughtful words.