Reflection Week 8 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 whats 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 solve conflicts around me before they escalate too far. Maybe not literally but it's so important that we start out our day at peace with those around us and especially our team. Going throughout the day without conflict feels really good and although it’ll happen it's important that we know how to combat it every day. When I wake up I try to pray every morning. It helps me to get my day started off right and also gets me closer to the Lord. It helps me pray about some of the conflicts in my life and how the Lord can help me resolve them. I would explain to someone that everyone needs conflict to be able to push and pull against a team but it gets a team toward a goal while introducing new ideas and everyone's ideas. You have to have a will and motivation to solve conflict within your own lives before you try to solve others. From explaining this week's topic to someone else, I learned the importance of what we are learning and how much conflict is present in our lives and how it plays a key part in teams being cohesively working together. Without conflict there would be no drive to finish anything or even start it or no room to grow because we didn’t stumble or come about different ideas from others. 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 together and share our ideas and resolve them despite some conflict appearing sometimes. We also need to have that same motivation to get over conflict we have in ourselves and then not 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 have daily conflict everyday and we can always turn to the Lord for help or a solution or for repentance when maybe that conflict turns into anger or aggressiveness. As we turn to the Lord 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.