

**c They influence people's behavior and serve as criteria for evaluating the actions of others.**

**r**

6 **they have a great role to play in the conduct of social**

**7 They help in creating norms to guide day-to-day behavior,**

**SELF DISCIPLINE**

**Self discipline is the ability you have to control and motivate yourself, Stay on track and do what is right. An example of self discipline is when you make sure you get up an hour early before work each day to get to the gym.**

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**HOW CAN WE GET DISCIPLINE?**

* **Eating More Often.**
* **Build Your Decision Making Skills Like A Muscle.**
* **Change Your Concept About Willpower\_**
* **Use the Out of Sigh) Out of Mind Rule.**
* **Give Yourself a Backup Plan.**
* **Stick to One Goal at a Time.**
* **Monitor Your Progress.**

**PERSONAL VALUES**

**Personal values are the general expression of what is most Important** for **you. A value expresses the worth of something, and In this case what you categorical like** and chslike. **So they are like categories**

**for all your preferences in life.**

**We are all** influenced in varying **degrees by the values of our family, culture, religion, education and social group. Knowing your own values can help you work effectively with clients, resolve conflicts and support the organization’s philosophy** of care **appropriately. Wherever our values come from they make us the unique person we are today! For example, one's personal values ay depend on the**

**following factors:**

***Race***

**With what race do l identify?**

**Do I know people from a different race to me?**

**Do I believe people from different races should live together? *Cure***

**What culture do I Identify with?**