Name: Alec Day Total Points 100

What did I do to prepare for class this week? 5

This week I studied the material in the prep module about Self-discipline.

What topics were studied this week, and what are their definitions? 5

This week's topic was self-discipline. It means that one has control over themselves and their desires.

Where did you put your assignments in GitHub? 5

I put my assignments for this week in the Reflections repository.

Why is this week's topic important? 5

This week’s topic is essential because, without self-discipline, we wouldn’t be able to have a productive society. Nothing would be done because we would all rather lounge around and do nothing.

What is the most significant takeaway you have gained from your study this week? 10

The most significant takeaway was probably the knowledge of becoming more disciplined. I think with these skills I can be more effective in my career.

How would you explain this week's topics to a person, not in this class? 10

I would explain to them that in order to live a successful and happy life, one needs to understand how to control yourself and your emotions. By doing so, you will be able to be free.

Write a SMART goal for next week. 10

Next week I am going to be more disciplined by spending 1 hour every day of focused study time.

What would you do differently next week? 10

I want to study the topic before class better to be more prepared for the class period.

Why is this week's topic important for teamwork? 20

This is important to teamwork because if we were not disciplined, we wouldn’t be able to get anything done in an efficient way inside of a group.

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

I would relate this to the story of nephi. He had self-discipline and did what his father asked him to do. When he faced challenges, he overcame them through his efforts and also with the help of God.