Reflection W04 Jessica Payne Total Points: 100

Why is this week's topic important for teamwork?

This week’s topic of discipline is important for teamwork because sometimes we do not feel like doing something. However, if we don’t do what we need to from mere not wanting to do it, then we can be letting our team down and make it harder for others to do what they need to. To be a good teammate, discipline is vital to ensure cooperation and respect.

How do plan on contributing to the team, besides completing your tasks?

I plan to contribute to the team with discipline on my own tasks and also with helping others with their work. If someone is struggling, it is easy to just say that I have too much on my plate to help them out. However, if I have the discipline to be a good teammate then I can offer as much of my help I can, actually.

How does your experience relate to other experiences you have had?

I was shown the “Make your Bed” video before. My high school volleyball coach showed us the video to help us all have more discipline and fortitude towards the sport and our team. Just like in sports, it is vital for all of the members of the team to bond and work together to the best of their individual and combined abilities.

Tell me about what you taught someone? And what did they learn, that they didn’t know before?

I showed the video “Make your Bed” to my husband and discussed what we learned in class with him. He learned from the video that it is important to do small tasks to help you accomplish more by creating momentum. Also, he learned that hope and having someone that can help you through your struggles is very important.

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

It is important to have discipline in our discipleship to the Lord. It is hard to read scriptures, pray, and do what we are supposed to every single day. Not to mention how hard it is to see money leave your bank account when you pay tithing. If we are disciplined in all that we do when following the Savior, He will bless our lives in ways that we can’t even imagine.