Reflection 04 Name: Mickey Nelson Total Points: 100

10 points:

* What is the most significant take-a-way you have gained from your study this week?

I loved the video where he talked about making your bed every day. It was a really good reminder of how doing one small thing can lead to it becoming easier to do many small things and even big things.

* What would you do differently next week?

Honestly, I have started making my bed every day and it already has made a huge difference in my life. It is so much easier to find motivation by doing so. I am not sure how, but it really does help me to find motivation to do what I need to.

* What do you do, steps, or processes related to this week's topic?

I made a schedule for myself and I am going to follow it. I have found that following a schedule is one of the best things that I can do to have self-discipline. I did it all the time as a missionary and I think it would be good to get back into it.

* What did you learn by explaining this week's topic to someone not in this class?

I talked to my roommate about the “make your bed” video. Turns out, he had already seen it and shared how he has made his bed every day since then. He told me that self discipline stems from doing the small things that you might not even want to do. I really liked that insight and thought it was a different way to think about it.

20 points:

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

Discipline and motivation go hand in hand with teamwork because all it takes is just one weak link to break a chain. If a team member is no longer motivated to work or do what they need to, the company won’t do as well at all. Deadlines could be missed and schedules could be broken. By motivating yourself to be self-disciplined you not only help yourself but everyone else.

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

I can’t think of anyone who was more disciplined than the Savior. Diligence and faith are what I find help me to be spiritually disciplined. I think diligence especially goes hand in hand with discipline. We are expected and required to be disciplined in our obedience in all that we do. I think just like the make your bed video said, if we spiritually make our bed every day by reading scriptures, praying, going to church, etc. It will become much easier to do the bigger things as well.

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

I am going to ask my table-mates what they are doing to be self-disciplined and motivated. I think it would be much easier to do so if we work together at it. I am going to ask them to help keep me accountable so that I will actually work on it.