

Reflection (Week 4)

Name: Vishnu Soranam

Total Points: 100pts

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

- I read and studied the pre-learn materials for this week's topic on discipline. I had taken some time to ponder on the statements in the prepare activity list such as "I know what self-discipline is, I know why self-discipline is important, I know how to develop self-discipline and I know how self-discipline and teamwork are related."

What did I learn from the study material? (5pts)

- I have learned the importance of the roles of discipline. Discipline influences our performance as it is related to willpower and perseverance. It reflects our ability to retain or increase courage, wisdom, strength and moral character to do the right things.

Why is this week's topic important? (5pts)

- This topic is so important because it helps me to comprehend how discipline is established and what it can do to affect my character and performance. Discipline requires stretching and stepping out of our comfort zone. Discipline allows me to take one step further of tackling problems and situations.

Summarize this week's scenario? (5pts)

- Both self-discipline and moral discipline influence the way I present myself with organizing my tasks and knowing my priorities and focus. Discipline can help us to stay on track with our tasks, for example, my punctuality in completing a task. Good punctuality is produced by good discipline.

What is the most significant take-a-way you have gained from your study this week? (10pts)

- I learned that moral discipline is essential to my daily routine as it is the consistent exercise of agency to choose the right. In general, self-discipline is the ability to focus on a task or a goal with the purpose of achieving a certain result. In addition, it also introduces the type of habits

and mindset in helping to complete and accomplishing task and goals. I have come to know that I must reflect on my self-discipline and see what I can do to change.

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

- I would briefly explain the motive of discipline and the steps of having that established in ourselves. The steps are written in "5 ways to improve self-discipline at work" article which are making a practice habit, focus on one self-discipline skill at a time, define your expectation clearly, set personal goals and to be reminded that failure is part of succeeding.

Write a SMART goal for next week? (10pts)

- My SMART goal would be to "Establishing Discipline Skills" by:

- Identifying daily on what I can improve with my discipline actions
- Keeping on track of my goals by reviewing them every day
- Keeping on track of my punctuality (being on time)
- Having an end in mind (solid focus) daily

What would you do differently next week? (10pts)

- I will set a focus daily of what I desire to accomplish on that day. I will retain that in mind by implementing the disciplinary actions so I could accomplish my desired result. For example, if my focus for today is to finish reading 5 pages of The Saints volume one, I will make sure to have a time set in my schedule and make the effort to complete the reading. If I tend to feel lazy or casual, I'll be sure to have a reminder set in my phone so I could avoid distractions and acquire the motivation to accomplish that desired result. The focus goes in line with myself disciplinary actions in which I can also retain my motivation and enthusiasm.

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

- Discipline of each team member affects the performance of a team. Just say if a team is given a specific task to accomplish in one week, but a team member isn't being cooperative, that could destroy the desired result. For instance, if one team member slacked off by not doing his/her assigned task one time in contributing to the teamwork, the end result of the project will likely not be able to meet needs and expectations. This illustrates the importance of having a discipline unity in a team, by setting a specific goal and focus, giving in effort which becomes solid when combined and practicing good habit such as punctuality and acknowledging priorities.

How does your experience relate to other experiences you have had? (20pts)

-. Back in high school, I used to struggle in being self-disciplined. I tend to slack off a lot by procrastinating and not having any goals at all. I saw my class and exam performance were badly affected which caused me to not being able to keep up with my homework, good grades and self study. I was far behind than other students who scored excellent in their exams and that led me to feeling depressed and anxious. One day, I told myself to get up, and start making a change in my life! I chose to take one step at a time, which I started to analyze what I wanted to accomplish every day. For example, If I was given a biology assignment today, I will identify the time on that day where I must put aside all distractions and dedicate that to meet my goal for the day. This helps me to emphasize my priorities and organize my daily activities and tasks. I found myself being able to keep up with my assignments and my grades were improving. These small and simple, but extremely important habits and skills influenced my performance at school, and I know now why discipline does really affect our performance and character in any situations.

