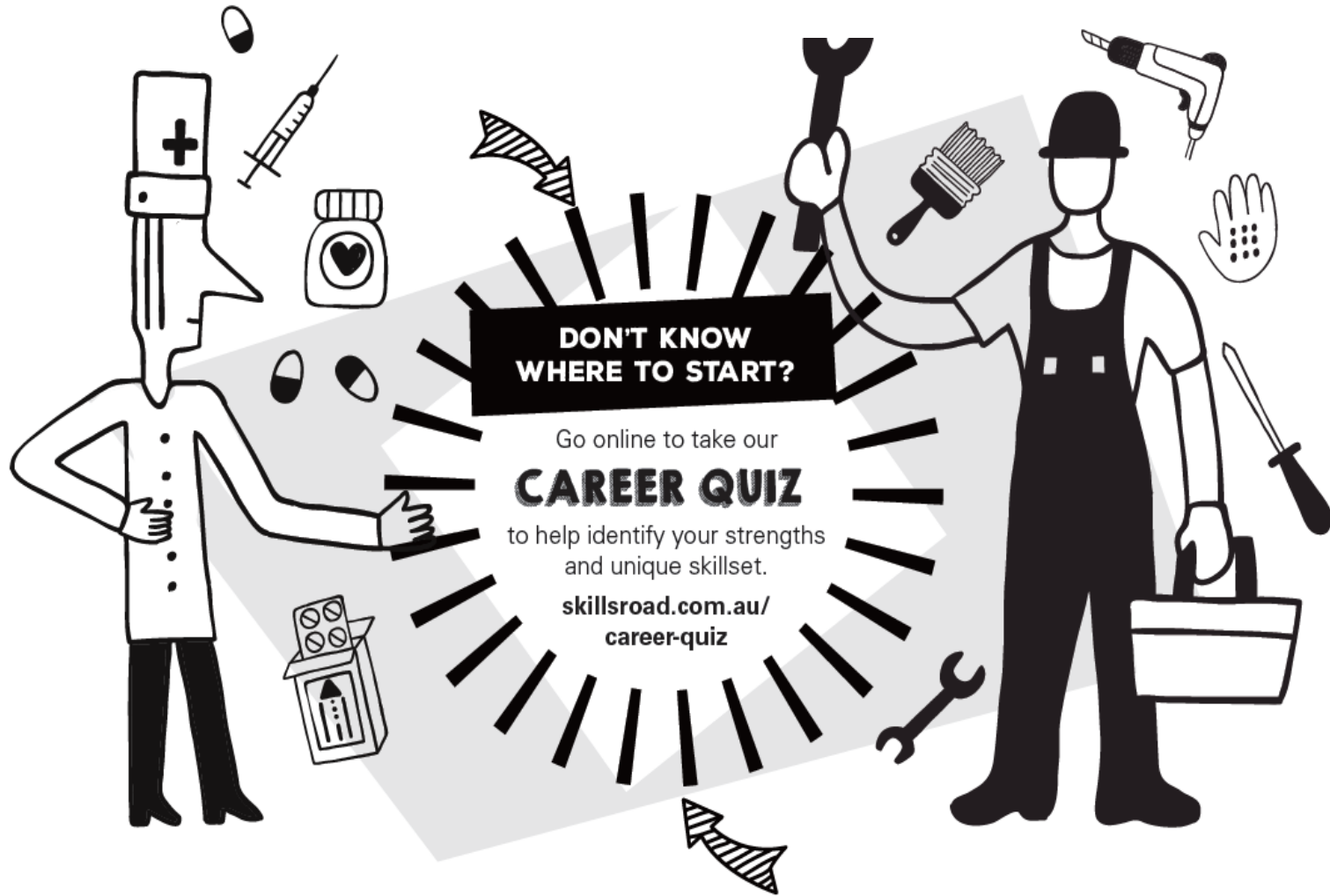




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# LET'S TALK ABOUT YOUR FUTURE CAREER!

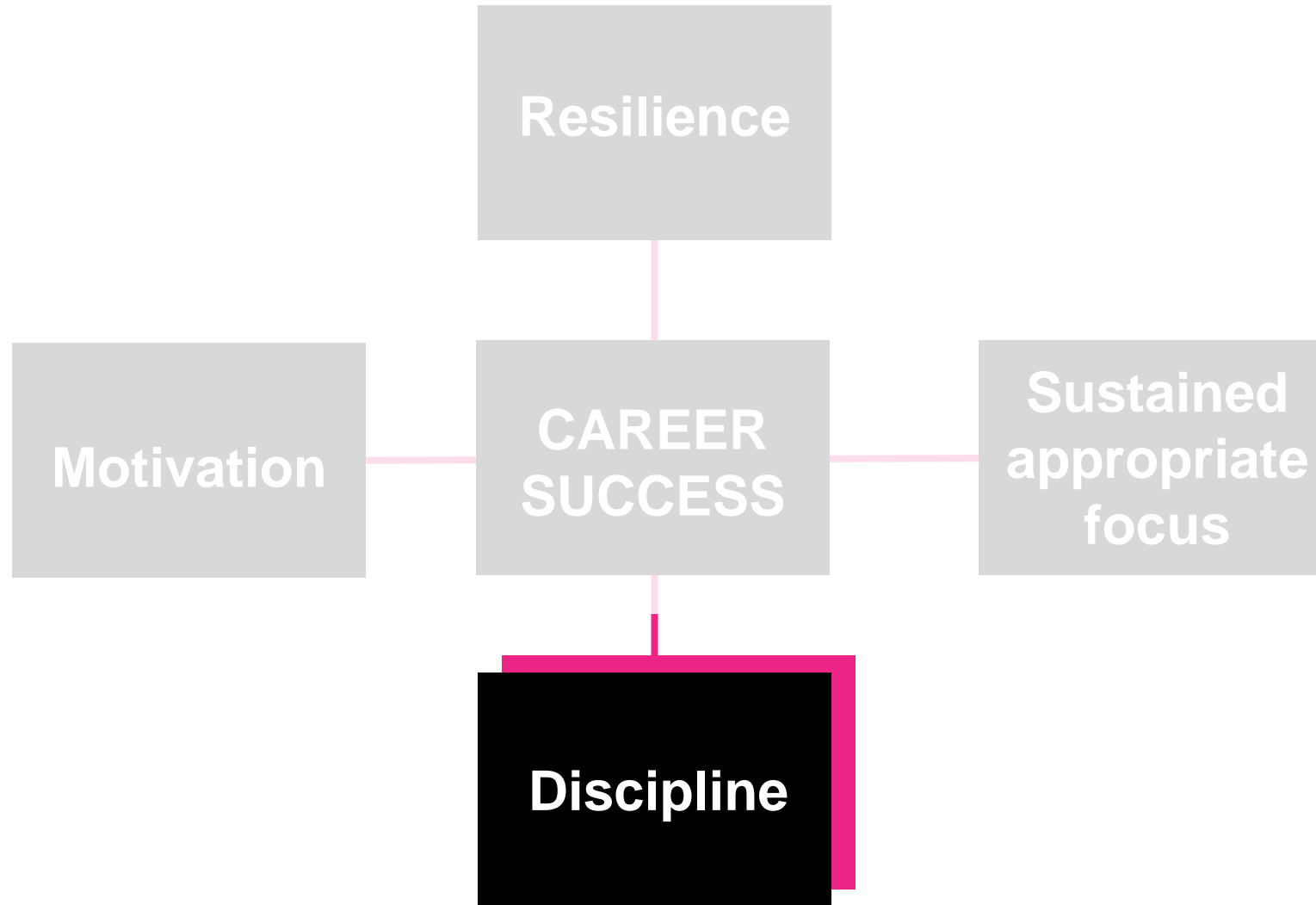


# ■ TODAY'S TOPIC: DISCIPLINE

## TODAY'S PLAN:

- Activity - Speed test
- Quick video – “Don’t eat the marshmallow yet”
- How do you stay disciplined?
- Tips and tricks for keeping yourself disciplined





## ■ TIME FOR A QUICK SPEED TEST!

Follow the instructions provided – the first person to finish gets a prize!



Go!

Discipline is having the self-control to do what you ***should*** do, even if this isn't necessarily the easiest thing to do or what you ***want*** to do

# ■ DON'T EAT THE MARSHMALLOW YET...



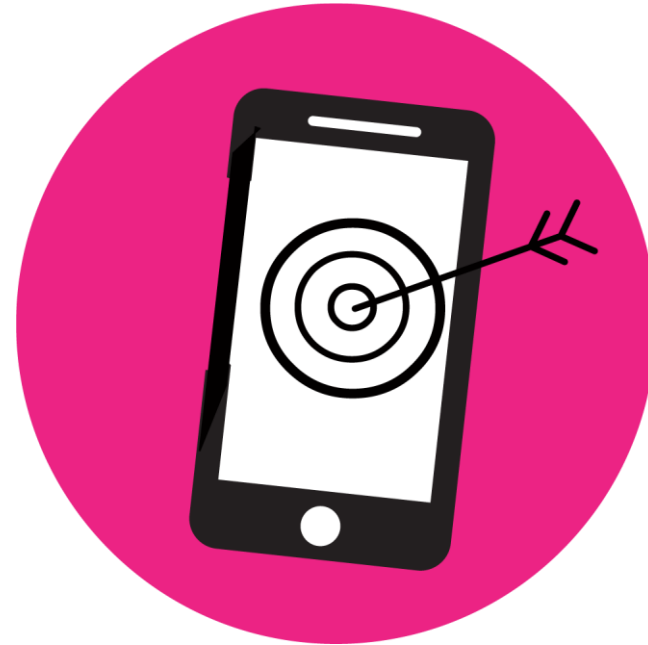
## KEEPING YOURSELF DISCIPLINED

- What are some things you do to keep yourself disciplined?
- What could you do to become more disciplined?



## ■ DON'T FIGHT YOURSELF

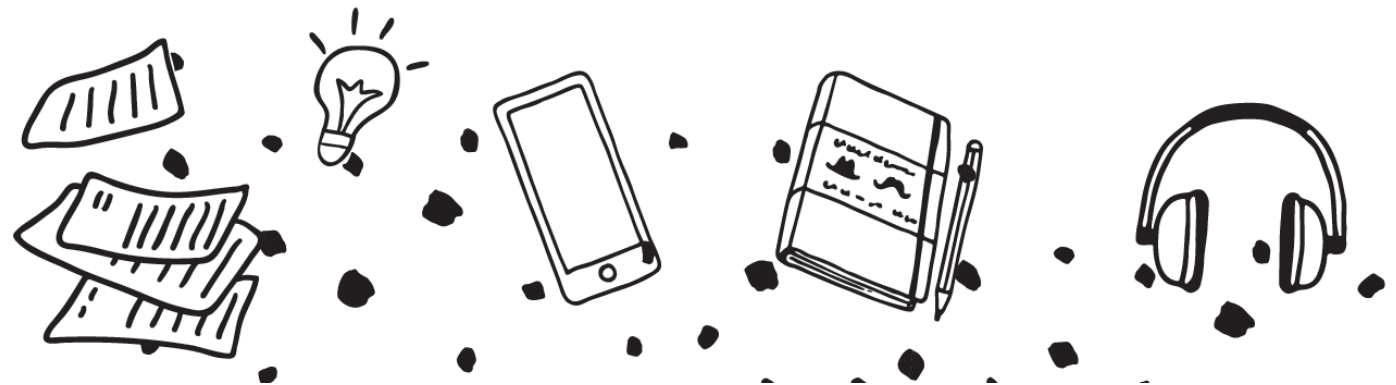
- You'll never win a fight with yourself
- Fully commit to your goals.
- Be a good parent to yourself; be stern, patient and honest





## KEEP A LOG

- How far you have come and how far you have to go.
- A log provides two necessary things for self-discipline; motivation and habit.
- Recording your progress in writing helps to keep you motivated by what you've accomplished and focused on what needs to be done next.



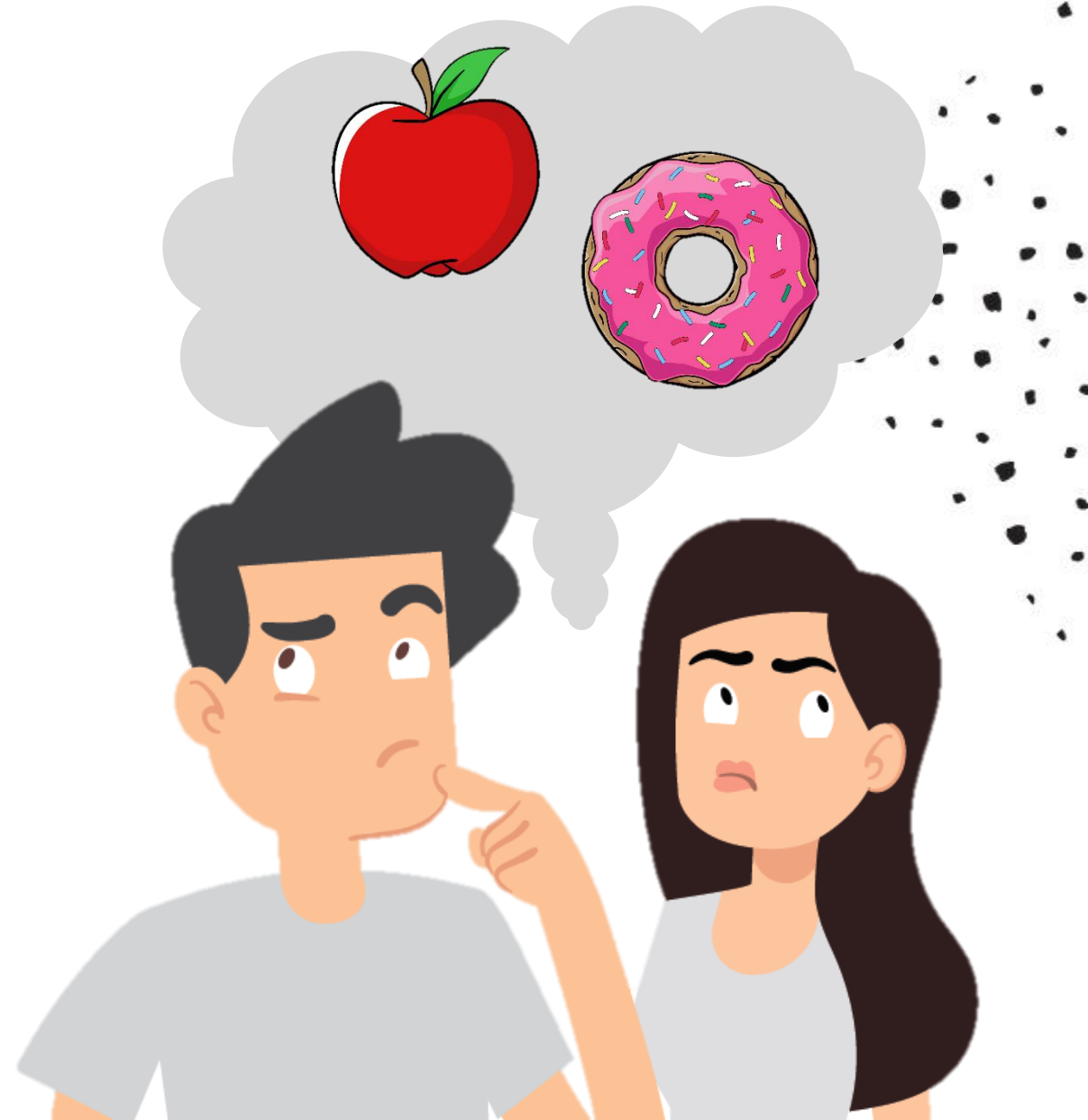
# DO WHAT YOU SAY YOU'LL DO



- Committing to 2 hours of homework means doing 2 hours of homework, not 1 hour and 59 minutes
- 50 push-ups per day are always 50 push-ups per day, not 47
- The basis of self discipline: don't allow the edges to blur

## CARRY IT EVERYWHERE

- If you're trying to become more disciplined at school, add some self-discipline at home too.
- A clean room might not help you get the 100% on an exam but it will create and reinforce habits that lead to success.



## ■ PLANNING

1. List the tasks that you want to accomplish
2. Prioritize the list
3. What needs to be done to complete each task?
4. When are you going to start each task and how long will you spend on it each day/week?
5. When is each task going to be done by?
6. Stick to your plan!



## MONITOR YOUR PROGRESS

- Don't be afraid to reassess
- Is what you're doing working?
- Is this the most efficient path to your goals?
- How could you adjust?

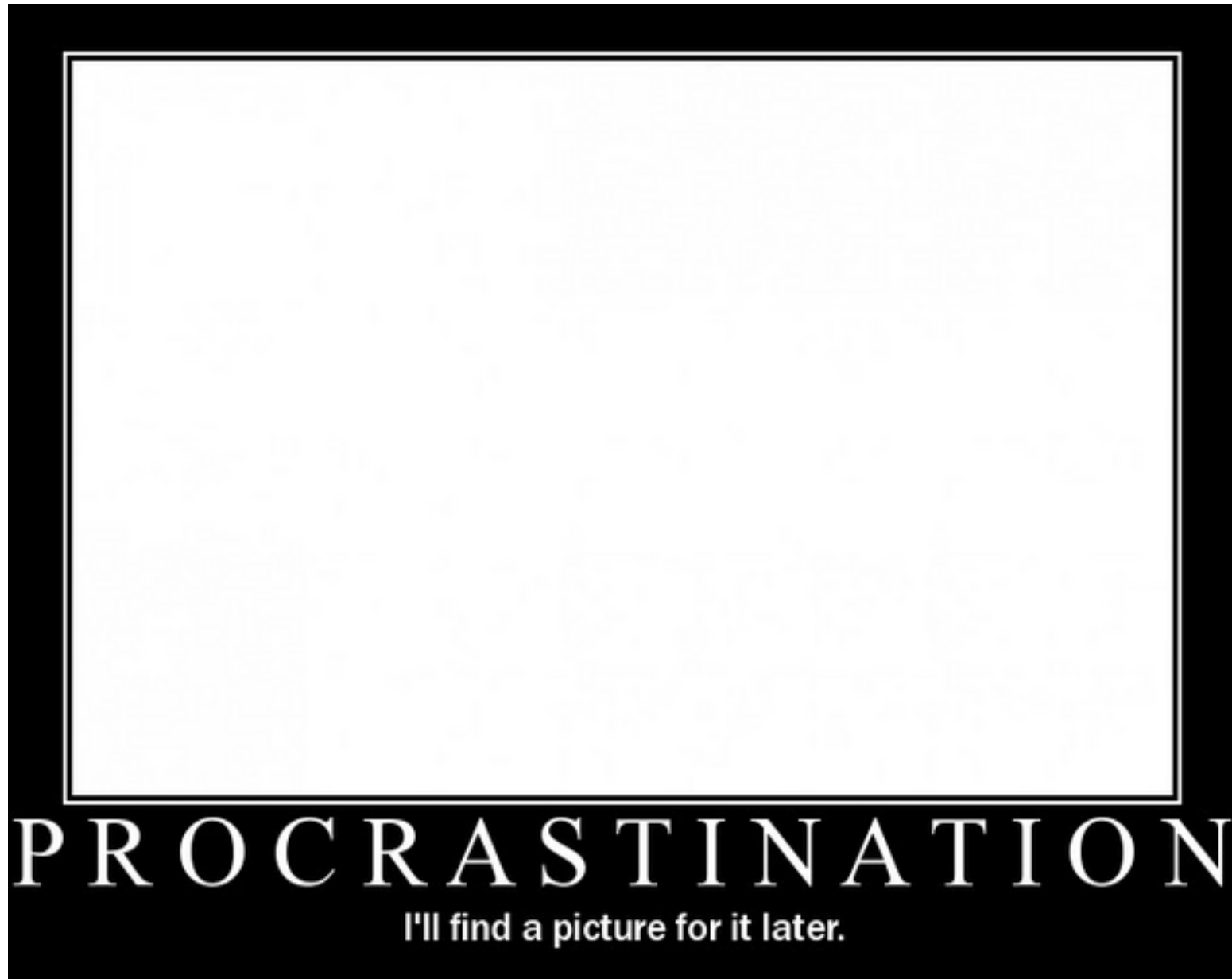




# DISCIPLINE

A Powerful Response to a Deep-seated Instinct





# PROCRASTINATION

I'll find a picture for it later.



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