



SELF-DISCIPLINE

What is SELF-DISCIPLINE?

Self-Discipline is the ability to get yourself to take the correct action regardless of how you feel.

Self-Discipline is always giving your best in all situations, on and off the field.

Self-Discipline is having a focus broader than what just matters to you.

Why is SELF-DISCIPLINE important?

Having Self-Discipline keeps one focused on the correct priorities.

Self-Discipline brings selfish desires under control in order to achieve a greater end.

Self-Discipline will develop good habits. Habits are our automatic reaction to events.

Being self-disciplined makes you a better a team mate, friend, student and a better person.

Examples of how to show SELF-DISCIPLINE

Complete responsibilities first before focusing on just having fun;

Complete school assignments before practice

Complete home chores before going out to play

Follow through with coach's instructions instead of doing your own thing.

In a game or in performing a routine, self-discipline is executing your responsibility despite how you feel.

Self-Discipline leads to executing a play correctly.

Watch your thoughts; they become words.

Watch your words; they become actions.

Watch your actions; they become habits.

Watch your habits; they become character.

Watch your character, for it becomes your destiny!!!

What is the opposite of SELF-DISCIPLINE?

Opposite of Self-Discipline is being undisciplined.

When you don't have discipline, you become unreliable and cannot be counted on to follow through.

Whether you are a student, team mate, or a friend, you become more valuable when others can depend on you because of your consistency in what you do.