**Self Discipline**

**LEARNING INTENTION:** Self-discipline is a winner.

**CONTENT**

Doing anything worthwhile often involves making choices, giving up something and working hard. It requires self- discipline. No one can make you do something. You really have to want it yourself. Everyone has potential in one area or another. It means working at it and giving up something in order to reach that full potential.

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**Training for the town sports day**

Samantha was really very good at high jump. She had come first at the school’s sports day and had been chosen to represent the school at the All Schools’ Sports Day in her home town. She knew that there was going to be pLenty of competition. Mrs Carter, her teacher, offered to give her some help and so did her Dad, who was a member of the local athletics club. Mrs Carter coached Samantha at lunch time three times a week, which was fine with Samantha as she only played around at lunch time. It was no bother to do it then.

Samantha’s Dad said they could use the athletics club’s sport ground on Saturday mornings and use the actual high jump that would be used for the Town Sports and they could start this Saturday. There were only six Saturdays before the event. Samantha was not very keen because she usually went shopping on Saturday with her friends Nick and Joanne. She told her Dad that she did not want to practise on Saturday. She thought it was just enough to do it in school some lunch times.

**SOME KEY QUESTIONS**

* What happened at the sports day?
* What do you think Samantha’s Dad said?
* How do you think Samantha felt?
* Have you ever had the experience of having to give up something and be very disciplined for a good reason? What happened and why?
* How do you think self-discipline helps people to grow and make the best use of their potential?

**TASK**

Think about a particular skill you have. It might be sports, swimming, football, running or a computer skill, or be good at making things – knitting, baking, drawing, painting, growing things. Then make a plan of how you would like to reach your full potential in that skill. In the plan answer the following questions:

* + Where will I start? What will I do?
  + Who and what would help me?
  + What might I have to change in my daily life?
  + What would I need to believe in order to be self-disciplined?
  + What effect will my skill have on others?
  + How do I feel about it?