



# DISCIPLINE

**Will power and self-discipline help an individual choose their behavior and reactions rather than being slaves to their impulses.**

## **TRAITS:**

- Be Reliable and Consistent
- Exercise Self-Control and be Self-Disciplined
- Understand your Role and Accept Expectations
- Set Goals and Stay Focused
- Don't Give Up when Things Become Difficult
- Learn from Your Mistakes and Failures

## **EXAMPLE:**

- Work harder when you get tired.
- Practice hard even if you don't want to.
- When you do something wrong practice until you can get it right.
- Don't do anything dishonorable.