

THE POWER POINT PRESENTATION (Word)

UPGRADING TO SELF-DISCIPLINE



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Meaning of Discipline in Dictionary

1. **training** to act in accordance with rules; drill: *military discipline*.
2. activity, exercise, or a regimen that develops or improves a skill; **training**: *A daily stint at the typewriter is excellent discipline for a writer.*
3. **punishment** inflicted by way of correction and **training**.
4. the **rigor or training** effect of experience, adversity, etc.: *the harsh discipline of poverty.*
5. behavior in accord with rules of conduct; **behavior maintained by training and control**: *good discipline in an army.*
6. a set or **system of rules** and regulations.

2

How should I build self-discipline?

- Make a list of the tasks you want to do.
- Start with the easiest task and complete it.
- Think about your success .
- Start other tasks; complete them; think again about your success.
- You need to build a track record with yourself of successfully completing tasks .
- Take one step at a time, one foot in front of the other just focusing on taking the steps. Before you know it, you're walking.

3

Do you agree or disagree with the following ideas:

- Breaking big projects into small steps makes them do-able.
- A journey of a thousand miles starts with one step.
- Upgrading to self-discipline is moving from achievements to aspirations.
- “Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world!”
Joel Barker

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How do Kids define discipline?

Most kids will say:

- It is a punishment.
- It is an authority figure who attempt to control us.



Their answers are unfortunate but understandable because most of their experiences have been **negative**.

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The true meaning of discipline



- Discipline does not mean punishment but means “walking a path”.
- Self – disciplined people walk a path of their own choosing .

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The two wings of discipline



- 1) Punishment, if you have to.
- 2) Rewards as often as you can .

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3 points to remember during training students for self –discipline

- 1) Help students understand the path you want them to walk.
- 2) When you discipline students, remind them of the path.
- 3) As they get older, help them find their own path and their own discipline.

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Discipline Quotes

- Please refer to page 2 on discipline quotes and fill in the blanks

**Discipline Quotes:
Fill in the blanks**

- 1) Half of life is luck; the other half is discipline - and that's the important half, for without discipline you wouldn't know what to do with
- 2) If we don't discipline ourselves, the will do it for us.
- 3) Discipline is remembering what you
- 4) No gets anywhere until he is harnessed. No stream or gas drives anything until it is confined. No is ever turned into light and power until it is tunneled. No life ever grows great until it is focused, dedicated and
- 5) In reading the lives of great men, I found that the first victory they won was over themselves... self-discipline with all of them came
- 6) The discipline that is needed in our lives is the discipline that comes from
- 7) The only discipline that last is
- 8) First we form habits, then they form us. your bad habits, or they'll eventually conquer you

A Clip by Dr. Robyn Silverman:
(A Child Development Specialist)

While watching this clip please think of
whether her ideas agree with Islam?

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FINALLY

- To upgrade to self-discipline, we need to connect discipline to our vision and mission.
- A school vision should highlight “self discipline”.
- Our mission is the actions needed to reach our vision.

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This slide leads the section on group work .

- 1) Suggest an action plan with baby steps.
- 2) Present your plans to teachers

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