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SELF-DISCIPLINE

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SELF-DISCIPLINE

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Talk Flow:

- ✓ Introduction
- ✓ Discipline versus Self-Discipline
- ✓ Disciplinary Measures for Students
- ✓ The self-Discipline of Nature
- ✓ Importance & Benefits
- ✓ Characteristics of Self Disciplined Achievers
- ✓ Addiction versus Self-Discipline
- ✓ Self-Discipline Development Process
- ✓ Conclusion



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Introduction

- ‘Self-Discipline’ is a skill which can be applied in the field of academics, professions and society to drive productivity and success. It has a wide contribution to self-management for managing own emotions & thoughts as well as behaviors during uncertainty or any situations effectively.
- In this 21st century, it can be used as a medicine to prevent the spread of any pandemic (example- COVID-19) across the globe. It can be developed over a period of time through practice.
- Self-discipline is that discipline which a person adopts by himself or herself by realizing “what to do & what not to” and will implement the concept of “Doing the right things only” in order to meet the objectives of the life.



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Discipline

- Discipline is derived from a Latin word “disciplina” that suggests “instruction” and derives from the basis “discere” which suggests “to learn”.
- The word “discipulus” which suggests “disciple or pupil” also stems from this word. The word "disciple" means “student”.
- Most of the people believe that disciple is a follower, probably due to the religious context, but actually, it means student. So during a very fundamental sense, discipline is often considered as systematic instruction given to a disciple.



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Self-Discipline

- Self-discipline is embracing both a controlled behavior and a controlled way of thinking for the type of objective that you simply desire to achieve ;these objectives are of two kinds:-
 - i. MATERIAL-like the way to be rich, famous and popular
 - ii. SPIRITUAL-like the way to become self-realized.
- Self-discipline means doing the things which are right. Example: Eating chocolate is not good for health, hence it must be avoided.
- It is a skill which drives the quality of being in the self-control of our actions and reactions.



Discipline versus Self-Discipline

DISCIPLINE	SELF-DISCIPLINE
We will be enforced by others.	We will be enforced by ourselves.
We have to abide by rules and regulations.	We are creating rules and regulations for ourselves.
Someone may be the administrator for us.	We are the administrator for ourselves.
Violation of rules and regulations will tend to punishment or disciplinary action against us.	Such violation leads to no punishment, but it will be our personal loss; ultimately we will be the sufferer.
We have to respect others.	People will respect us.
We have to follow a leader/role model.	People will choose us as their leader/role model.
We will be influenced by others. We have to follow someone or something without which actions will be taken.	We are influencing others because they will follow us by watching our activities, actions as we have self-discipline as a skill.



Disciplinary Measures for Students

- Students must possess self-discipline not only for academic success but also for behavioural developments. This includes lower absenteeism, punctuality, complying with educational standards prescribed by the institution like wearing proper dress code, completing assignments/home works, respecting with manners etc...
- For the misconduct and unusual activities, punishment is not the solution as it will lead to feeling-hurt, upset and unfairly treated. If someone does not leave his/her bad habits in any way only then its use would be necessary.
- The base of discipline should be love, trust and cooperation among teachers and students.
- Various creative activities should be given a place in the school or educational institution, so that, children may derive mental and emotional satisfaction by doing the various activities according to their interests. For this, there will be no possibility of creating problems of indiscipline.



Disciplinary Measures for Students(Continued)

- Sufficient liberty and facilities should be given to the students and teachers for doing their duties in the educational institution or in the school.
- The guardians should be encouraged for making family life beautiful and comfortable as the child passes most of his time at home. If the family life is not appropriate rather it is contaminated, there would be the possibility of failure of good efforts of the school. Thus, through various means, the guardians should be motivated for making their family life healthy and adaptable.
- Through proper guidance and coordination, bad habits of students can be replaced. The teachers should produce their examples before them as students will follow their teachers by watching them.



The Self-Discipline of Nature

- Nature consists of natural objects (animals, plants, stones etc...) and natural events (the wind, the rain etc...) without human beings & their creations. Our lives are balanced because nature possesses self-discipline.
- The sun rises in the morning in the east direction and sets in the evening in the west every day at the precise times. The sunrise and sunset will never be stopped even if there are obstacles, disasters in nature. From this, we should learn the importance of duties and responsibilities and carry out with sincerity.
- The seasons arrive and leave with proper pattern and at exact time intervals in order to balance the events of nature. This teaches us that we should be punctual in our life to achieve our goals.
- The plants always provide us with oxygen, foods, medicines etc..., which teaches us to give, to help others.
- As each and every part of nature follows true discipline to serve the human beings, hence we have a lot of responsibilities for nature like- to maintain ecological balance, to make the pollution-free environment and to use the available scarce resources optimally. These can be possible only when we become self-disciplined by which we can change our habits of hunting animals, cutting trees etc.



Importance of Self-discipline

- ✓ Discipline creates a good habit. (In the absence of which we become lazy)
- ✓ Discipline keeps you focused. (Our world is filled with distractions; discipline keeps our eyes on the goals)
- ✓ Self-discipline builds self-respect and work ethic. (Disciplined people do things well, they are pleased with quality results, and once you are about quality, then you've got a reason to feel increased self-worth and self-esteem)
- ✓ Gives us the power not to give up.



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Benefits of Self-discipline

- Helps to meet the objectives and goals.
- Provides the ability to judge- what is right and wrong.
- Empowering for better decision making.
- Always drives the quality work that people do.
- It makes the person professional in terms of his/her behaviour or action towards people/object.
- Convincing the mind for no repetition of bad habits.
- Able to tolerate and manage frustration and obstacles/difficulties.
- It increases will power.
- It boosts self-control against negative emotions and unwise activities.



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Characteristics of Self Disciplined Achievers

- **Commit to routine** (working based on their schedules.)
- **Avoiding temptation** (They don't work on unwise things.)
- **Patience** (able to tolerate delays and difficult situations.)
- **Self-confidence** (They have a strong belief on their abilities & work; they are sure about their success.)
- **Persistence** (They focus on their goals or work even if there are any difficulties or oppositions.)
- **Self-awareness** (They pay attention to their behaviour, feelings, thoughts and habits)
- **Emotion Regulation** (They are able to control their behaviour and emotions in order to pursue their objectives.)
- **Resilience** (They are able to cope up with uncertainties and difficulties.)



Addiction versus Self-Discipline

- If someone badly needs something (drugs, cigarettes, alcohol etc.) by which his/her mind and body will work properly then that person is addicted. Now in this digital age, people have tech addictions (TV, Smartphone, and Computer) which distract them for achieving their objectives and also it has been seen that tech addicts don't sleep well, they go to bed at late night and get up around 8 am. In the weekend, most of students and employees sleep at very late and wake up in the afternoon.
- However, addicts know that these bad habits are not good for their health and will destroy their future life but they only choose the present enjoyment. Here, disciplinary actions/punishments hardly work.
- But the principle of self-discipline is useful i.e., a high degree of self-discipline can convince the minds of addicts. As the logic of addiction is based on “present enjoyment “which means addicts never look into future consequences of bad habits, hence “strong visualisation to future of oneself” is essential.



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Addiction versus Self-Discipline(Continued)

- Emotion regulation and self-control through self-realisation will help addicts to cure their bad habits.
- They must have to realise their future consequences of addiction by themselves only as any kind of advice or suggestion is not useful for long term perspective to addiction.
- They have to identify their good and bad habits and rank them to meet their goals of life. Then they have to install new habits against bad habits as replacements through self-diagnosis only.



Self-Discipline Development Process

Step-1: Knowing Yourself

- We have to make a SWOT analysis of ourselves, where SWOT denotes the followings.-

S: Strengths,

W: Weaknesses,

O: Opportunities, and

T: Threats.

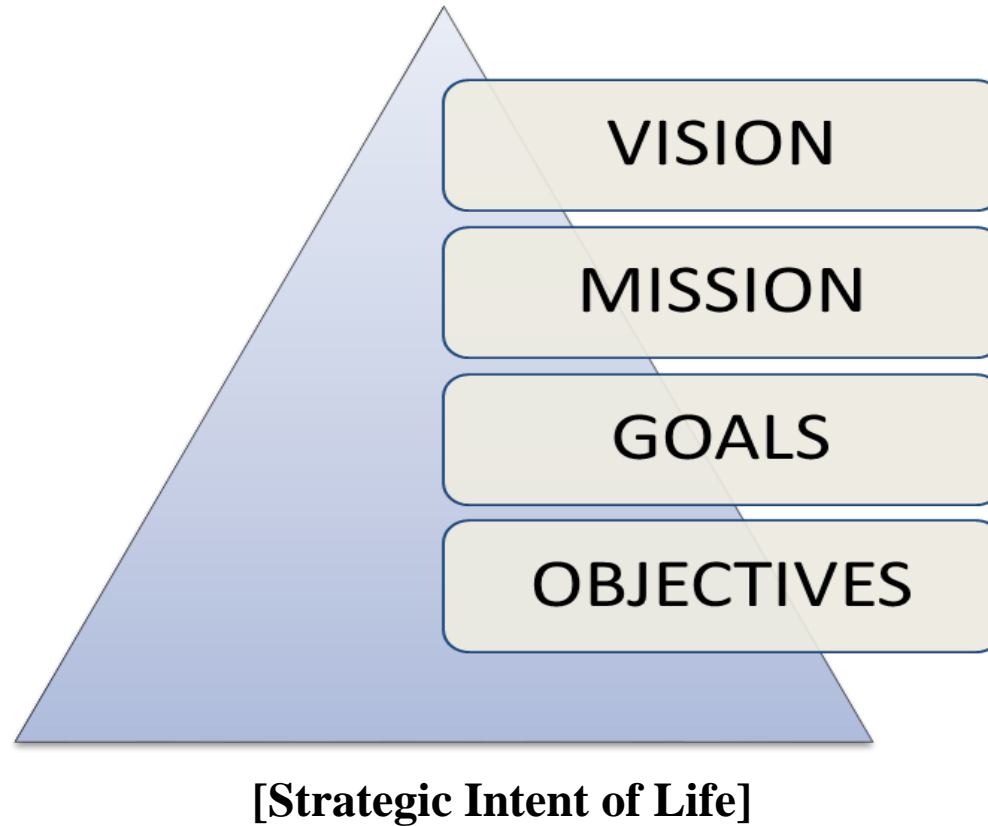
- Strengths and weaknesses are internal to us and will be useful for establishing the targets to achieve. Opportunities and threats are external to us which will be useful for creating strategies to meet the targets which we have decided to achieve.



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Self-Discipline Development Process(Continued)

Step-2: Organising the VMGO of Life



Self-Discipline Development Process(Continued)

Creating the VMGO statements of our life, where VMGO denotes the followings.

- **Vision:** It is the picture of what we want to achieve in future.
- **Mission:** It is the general statements of how we will achieve the vision that we have decided.
- **Goals:** These are the general statements of what we want to achieve/accomplish.
- **Objectives:** Specific targets in terms of quantity, time period etc. within the general goal. We will set our objectives based on the “SMART” approach; where SMART denotes the followings.-

- ✓ **S=Specific**
- ✓ **M=Measurable**
- ✓ **A=Achievable**
- ✓ **R=Realistic**
- ✓ **T=Time Bound**



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Self-Discipline Development Process(Continued)

Step-3: Development of Positive Attitude

- It is about positive thinking. We must have to start disliking bad habits. We shall interrupt our addictions by inducing good activities based on our moral judgements.
- We shall make a commitment of not to do unwise things which will hurt others.

Step-4: Modification of Existing Lifestyle

- Breaking all our existing routines or schedules and create a new where only good habits are going to be introduced.
- We must have to be physically and mentally fit in order to accomplish your goals and objectives. Hence regularly meditation, walking, yoga are compulsory to be added in our routine.
- We should spend time with our parents/family, have to understand their importance in our life and should recognize our responsibilities towards them. Always remember that our parents are the biggest motivators for us in the world.



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Self-Discipline Development Process(Continued)

Step-5: Professionalism of Self-Discipline

- Becoming a professional of self-discipline means acquiring and holding a high degree of self-discipline which ultimately builds extreme **self-control** (self-control needs courage & can be induced through love) within us ; that will prevent us from addictions and fight with distractions, difficulties while pursuing our goals and objectives.
- It will be possible only if we have the skill of time management which means we'll finish our work based on deadlines, right work at the right time. For example, we have to sleep at the right time, wake up early in the morning, it should be routinized.
- We have to follow our role model who maybe our parents, teachers etc. from whom we'll be always inspired and motivated to do the ethical work.
- Our personality matters a lot. We have to be punctual; our appearance should be simple like any professional.



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Conclusion

- No one will help us until and unless we help ourselves for achieving our vision, mission, goals and objectives. It can be possible through our self-love and self-respect. Self-discipline provides financial benefit by changing the habit of spending to **saving** through self-realisation and self-awareness, by regulating moods/emotions and hence by controlling frequent purchases. It directs effective utilisation of available resources.
- Self-discipline can be developed over a period of time, not in a single day and practising good habits, avoiding distractions during performing our objectives, maintaining distance from addictions will help us to get a high degree of self-discipline with which we can fight with any difficulties in our life.



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