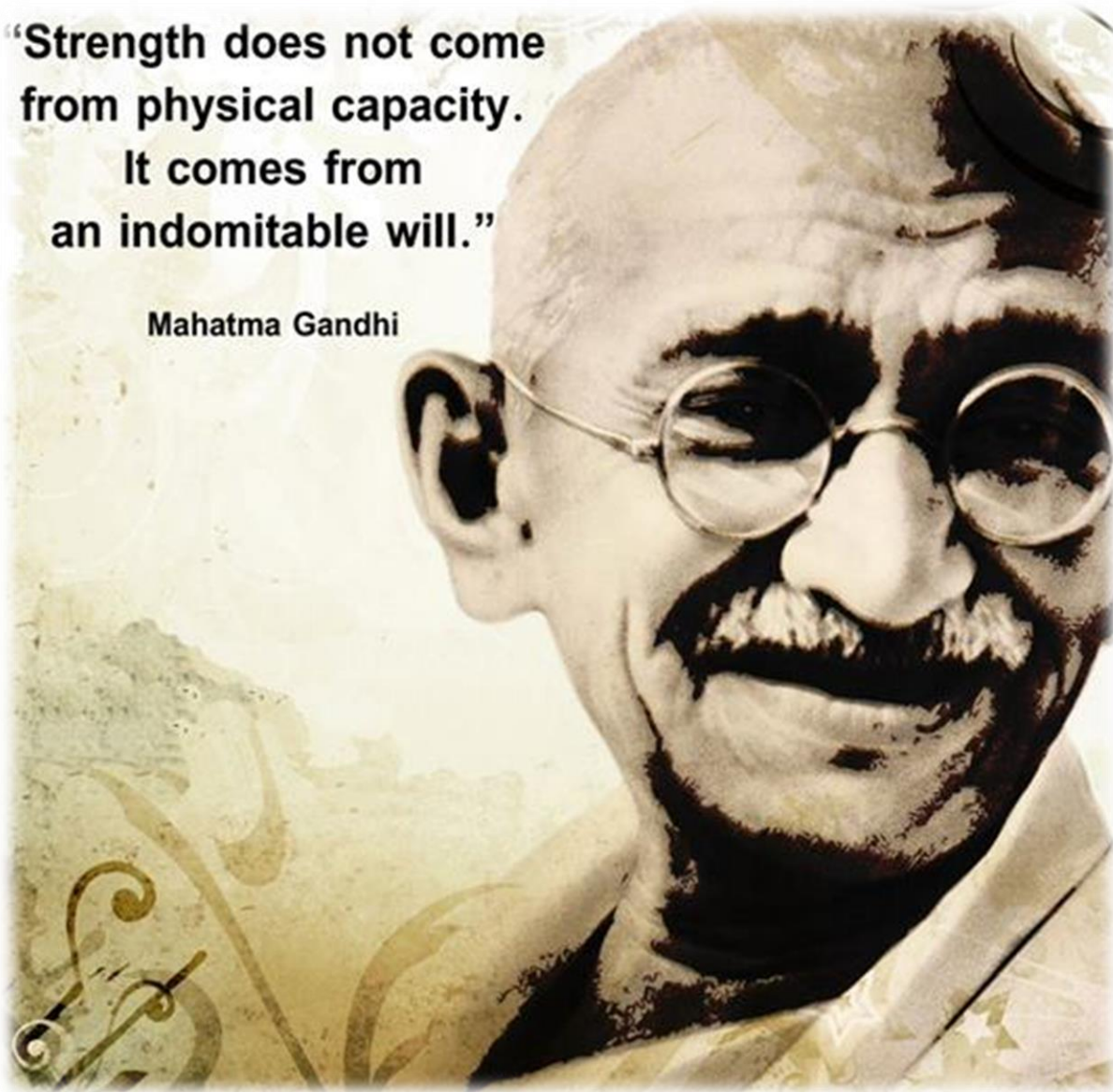


**“Strength does not come
from physical capacity.
It comes from
an indomitable will.”**

Mahatma Gandhi



Self Discipline

Thought For Chiltern Hills Academy

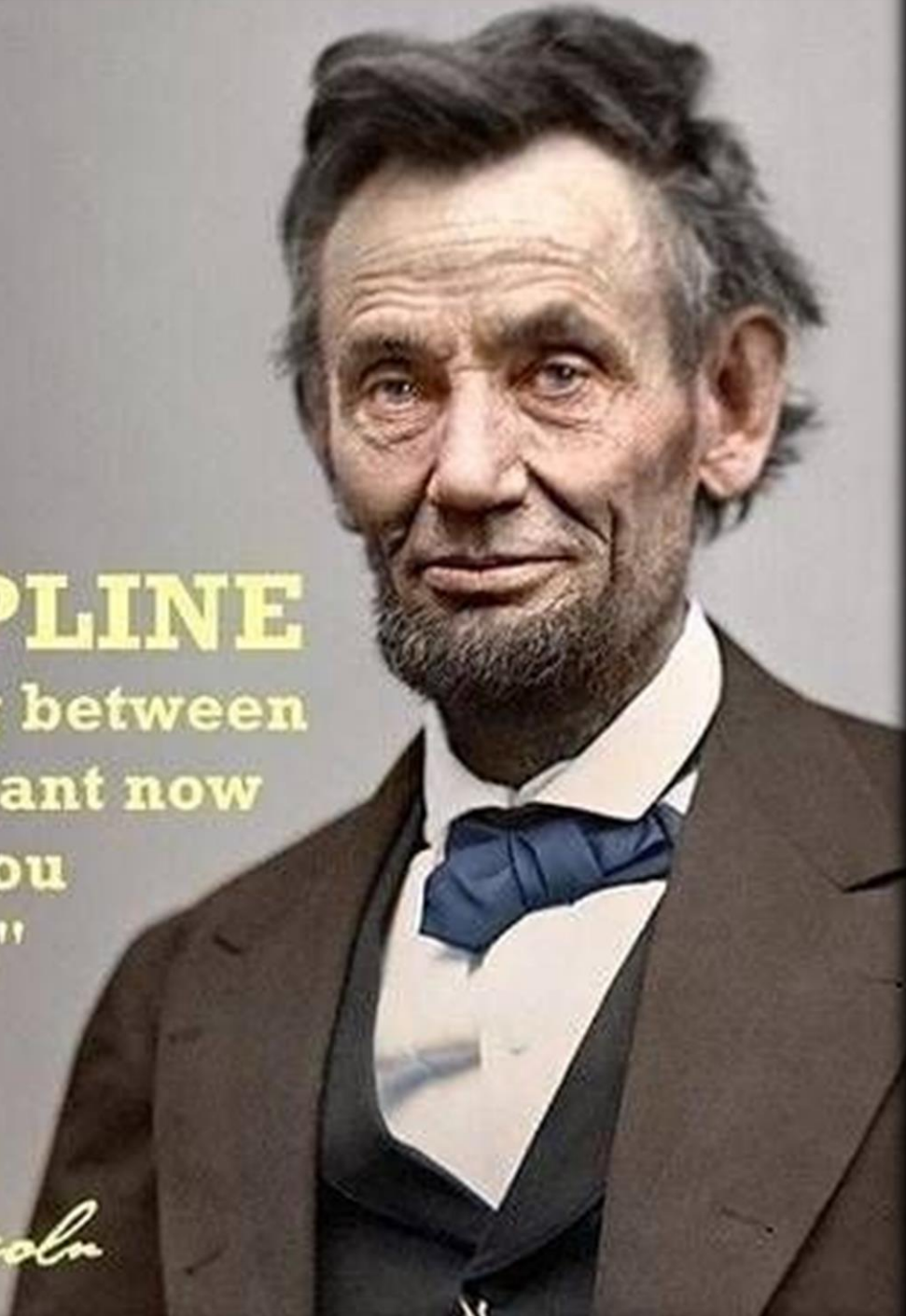
Self-Control...

Can anyone define self-control? (Without using the words self or control)

“the ability to restrain oneself, in particular one's emotions and desires, especially in difficult situations”

What examples
can you think
of?



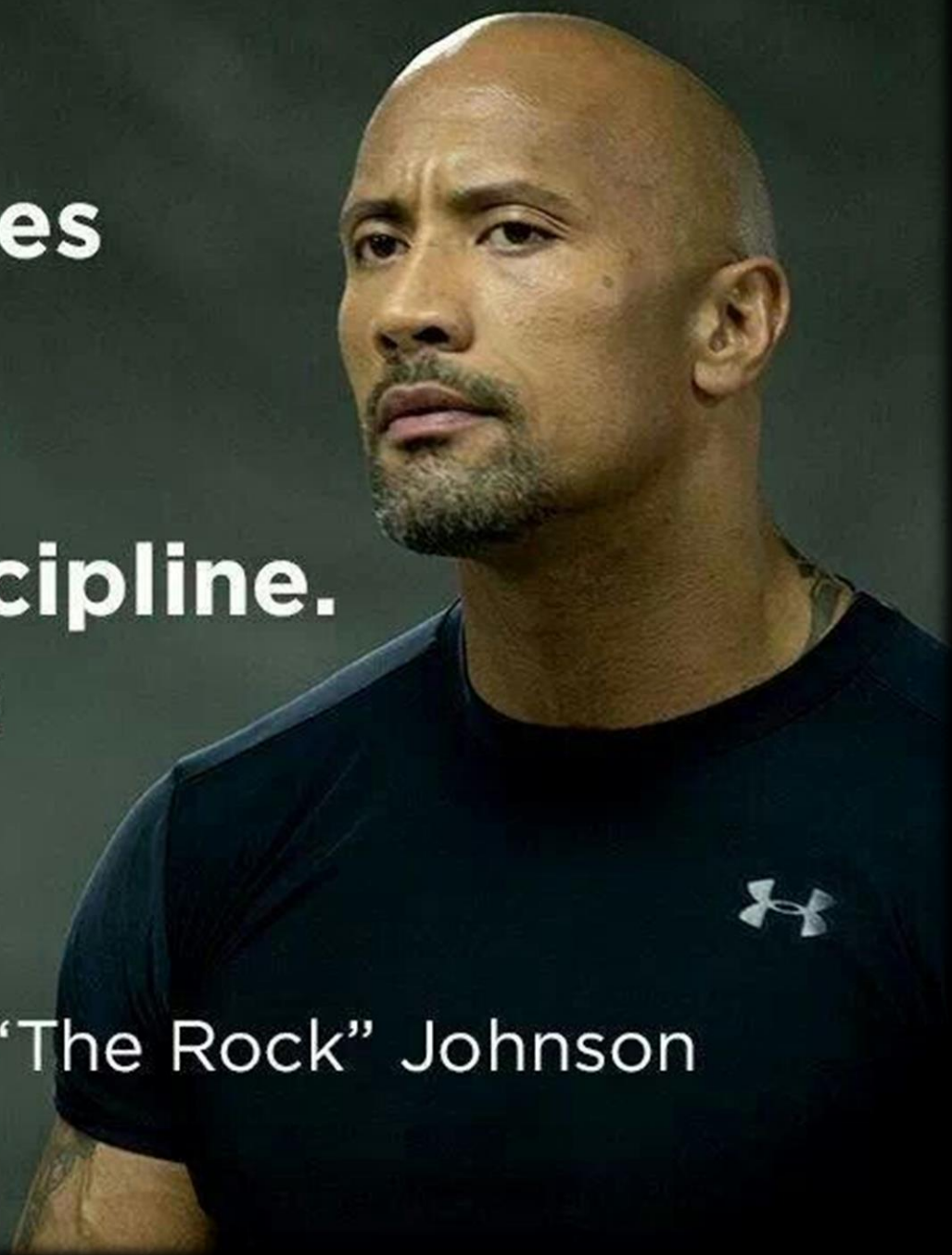
A portrait of Abraham Lincoln, showing him from the chest up. He has a full, graying beard and mustache, and is wearing a dark brown suit jacket over a white shirt and a dark blue bow tie. He is looking slightly to the left of the camera with a thoughtful expression.

"DISCIPLINE
is choosing between
what you want now
and what you
want most."

--A. Lincoln

**All
successes
begin
with
self-discipline.
It starts
with
you.**

—Dwayne “The Rock” Johnson



A black and white photograph of a man wearing a boxing helmet, looking forward with a serious expression. He is shirtless, and his chest muscles are visible. In the background, another person wearing glasses is partially visible, looking towards the man in the foreground. The overall tone is motivational and focused.

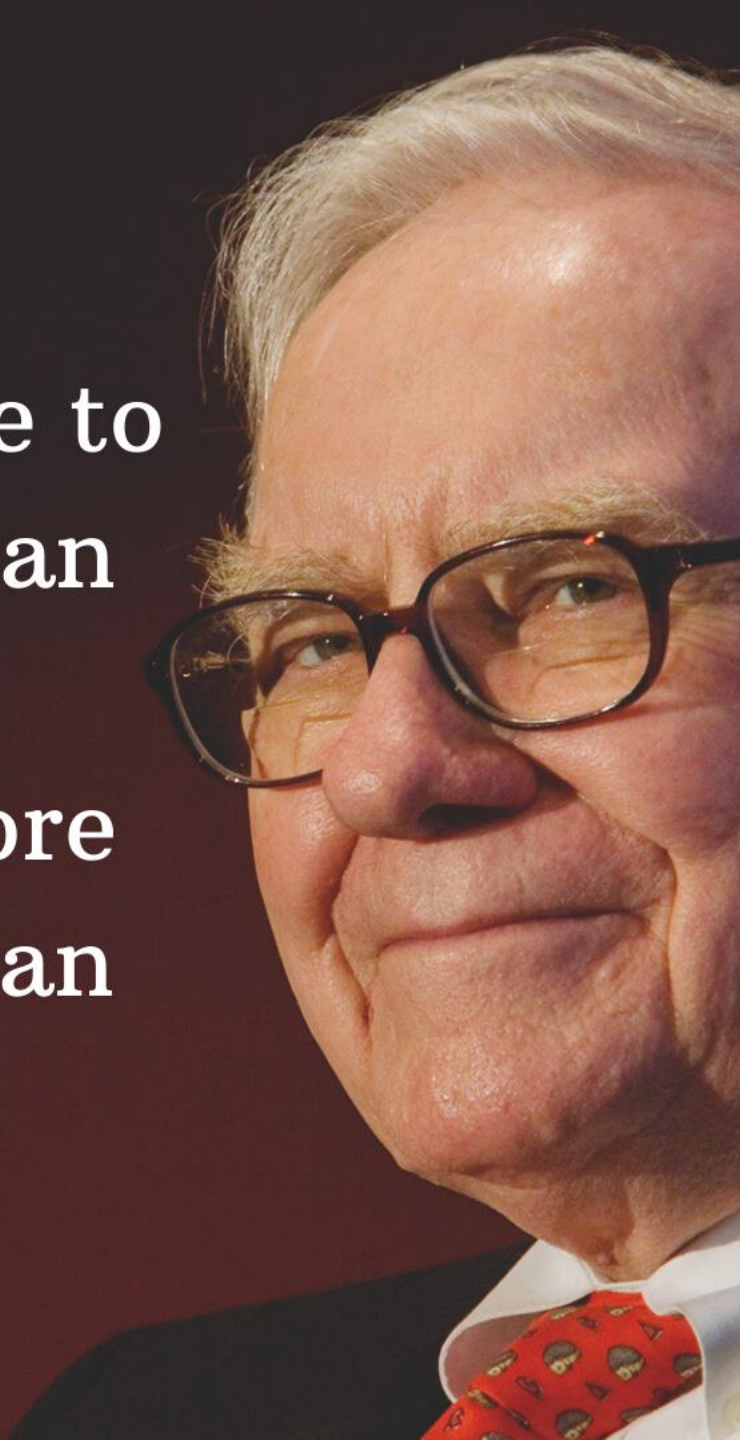
**“I DON’T COUNT MY SIT-UPS; I ONLY START COUNTING
WHEN IT STARTS HURTING BECAUSE THEY’RE
THE ONLY ONES THAT COUNT.”**

Muhammad Ali

INSATAGRAM | MOTIVATION_INFLATION

We don't have to
be **smarter** than
the rest. We
have to be more
disciplined than
the rest.

- Warren Buffet



- American Entrepreneur
- Stakeholder ownership in Apple, CocaCola, American Express and Heinz...to name a few!
- Net worth over \$100 billion!

These quotes
lead us to focus
on ourselves...
how we think,
act and
achieve...

Let's look at some ways to
become more self-
disciplined...



Find your purpose...



If you know what you were created for it's much easier to be passionate about doing something with your life!



It's PURPOSE that gets you out of bed each morning



Your purpose gives you an internal motivation to reach your goal



The biggest source of self-discipline is to have a reason to do the task!

Count on yourself!

- Self Discipline is the ability to get **yourself** to do what you need to do
- Everything that you **want** in life depends on you **ACTUALLY** doing something...**whether you feel like it or not**
- After you have a solid purpose, you can build a plan – this means all the small actions that take place along the way are important for the overall goal

Discuss: How could you do this in your own life?



Show up every day

- We fail at achieving our goals because we fail to be consistent
- By showing up you build focus and become aware of what it takes to achieve something
- **Failure doesn't define your character...your ability to keep going is what shapes you into a disciplined and strong person**
- **A bad day doesn't have to become a bad week!**

Self-discipline is nothing more than the habit of consistency

Practice Delayed Gratification

- How often do you wait to get what you want?
- How easy do you find it?
- We live in a world of **instant gratification** – what does this mean?
- Watch this [clip](#)
- Delayed Gratification is a way of exercising your self-control muscle!



Compassion
Self-discipline Love
Honesty Forgiveness
Respect Hope

What would CHA
look like if we ALL
practised self-
control on a daily
basis?

What about our Vision and Values

At CHA putting others first is at
the heart of what we do.

Our 7 values are the foundations
of our behaviour at the school.

Apart from the obvious...which
ones require self-control?



In the Bible it
says...



Like a city whose walls are broken through
is a person who lacks self-control.

Proverbs 25:28

In the
Qu'ran it
says...

Self Control

"A strong person is not the person who overpowers his adversaries to the ground. But, a strong person is the one who contains himself when he is angry."

Prophet Muhammad



Reflection

Today, may we be given the strength to be self-disciplined in everything we do. In lessons when I am tempted to be distracted, may I exercise my self-discipline muscle so that I can be successful in the future.

We ask that when it feels too hard to carry on that we are able to find inner strength to push on through. Grant us the faith that in doing so we are given the opportunity to change the world.

Amen