

SELF
DISCIPLINE





THINK. PAIR. SHARE.

What is Self-Discipline? Share with the Class

Self-Discipline is

.....

.....

.....

.....

Self-Discipline



- The ability to control one's feelings and overcome one's weaknesses to improve one's self. To pursue what one thinks is right despite temptations to abandon it.



CHOOSE any 2 and explain them

Self Discipline

The road may be hard but the results are priceless.

"SELF DISCIPLINE ISN'T JUST SOMETHING THAT HAPPENS ONCE AND YOU'RE DONE. IT'S A PRACTICE."

TODAY YOU WILL SEE WHAT I LOST. ONE DAY YOU WILL SEE WHAT I GAINED.

INSTAGRAM | MILLIONAIRE_ADDICTED

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

Discipline is the bridge between **goals** and **accomplishments**.

JIM ROHN | FEARLESSMOTIVATION.COM

“

It takes **SELF-DISCIPLINE** to control your thoughts and focus them on a problem until it is solved.

”

The Pencil's Tale - a story that everyone should hear

https://www.youtube.com/watch?v=HisYsqqszq0&ab_channel=Daretodo.Motivation

- Apply the Pencil story to your Life this week.



SCENARIO

You **must** go to one isolated place on earth eg. the North Pole.
Wherever you choose, it is to make you a better human being.

Where would you go, and why?

Make a 5 point plan for your journey including who would go with you, how they would travel, what they would take, what they would do when they get there and what they would think about.



How does this refugee shows self discipline? Make a list

- [A refugee's story | Migration: a human story](#)

(https://www.youtube.com/watch?v=pm5cFojr7yo&ab_channel=People'sHistoryMuseum)



CHA and Self Discipline. Its what we stand for



we value

SELF-DISCIPLINE

"God did not give us a spirit that makes us afraid but a spirit of power and love and self-discipline" (2 Timothy 1:7)

People show Self Discipline in different ways everyday.

Religious people



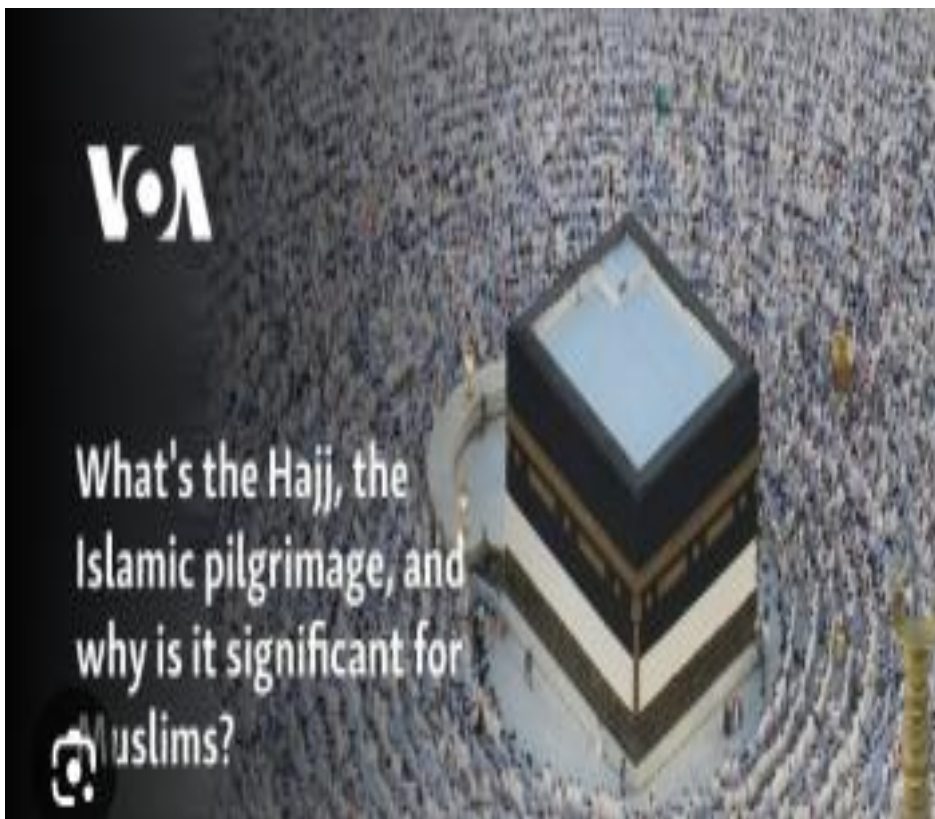
Athletes



Students studying



Muslims show Discipline by going on Hajj.



IMPORTANCE AND BLESSINGS OF HAJJ IN ISLAM



Hajj is the fifth pillar of Islam



It is compulsory for those who can afford it



It is performed in the month of Zil Hajj



People go to Makkah and perform rituals



Hajj has to be performed only once



It consists of Fard and Sunnah actions



Hajj is an occasion of blessings and rewards

How might this help Muslims to build their faith?

Hajj

Hajj is an annual pilgrimage to Mecca, Saudi Arabia, the holiest city. Hajj is one of the five pillars of Islam. The pilgrimage, which lasts approximately 5 to 6 days depending on the lunar calendar, is a mandatory religious duty that must be carried out at least once in a lifetime by all adult Muslims who are physically and financially capable of undertaking the journey.



8 Benefits of self-discipline

- ❖ Achieve Goals
- ❖ Master of Habits
- ❖ Improve Health
- ❖ Stronger Relationship
- ❖ Time Management
- ❖ Enhance Self Esteem
- ❖ Builds Confidence
- ❖ Reduce stress and Anxiety

What I need to do to make me more disciplined- Make a list.



The image features a central white rectangular box with the text "SELF" in large, bold, green capital letters and "discipline" in a smaller, dark green, cursive script font below it. Surrounding this central box are eight rounded rectangular nodes in various colors: light blue, pink, yellow, teal, purple, orange, red, and light purple. Each of these outer nodes has a black arrow pointing towards the central box, creating a radial pattern that suggests all these elements contribute to or are part of the central concept of self-discipline. The background is a light green gradient.

SELF
discipline