

SELF DISCIPLINE

1. **START WITH YOURSELF**- Self-control always begins with you. There is always the tendency to look at everyone else, but the first place you need to look is in the mirror.
2. **START EARLY** – Self-discipline/control will lead to and give you success. No one who is serious about achieving success starts out with a losing plan.
3. **START SMALL** - Begin disciplining yourself where you are. Don't come up with some grand scheme that you can't manage, start with the little things in your life.
4. **START STRATEGICALLY** - Organize what you do. Which areas of your life hurt you the most....can't you control the most....cause you to fail the most....are you already proficient in.
5. **START NOW** - All good students or successful students have good thoughts/ideas/intentions, but very few ever put them in action. When do you start?

CHARACTERISTICS OF A WELL-DISCIPLINED PERSON

1. **ACCOUNTABILITY** – Always thinking before they act.
2. **RESPONSIBILITY** - Always thinking about the rewards or consequences.
3. **INTEGRITY** – Always do/use what they teach/preach; Always do what they say they will; Always honest with others; Put others needs ahead of their own sometimes.
4. **TRANSPARENT** – Always believable.