

DISCIPLINE

STUDENT & PARENT HANDOUT

DISCIPLINE

Discipline: To always do your best.

Overview: Discipline, more precisely self-discipline, means to “always do your best.” It is the key to achieving your goals and doing well in life.

Discipline is the key to building self-esteem. When you do your best, you feel great. Self-esteem is the direct result of learning, practicing and applying discipline to everything you do.

In order to have great self-discipline, you must do things with focus, efficiency and without having to be told.

Student: Always doing your best is super cool because you feel great when you do. When you feel great about yourself that is called self-esteem.

Whether you are doing your homework, cleaning your room, brushing your teeth, being kind to your brothers and sisters, respecting your parents, or eating ice cream on a hot summer day, you should always do your best.

Even if it is not fun or to your liking, if you always do your best, you will feel great and do a better job.

In order to do your best, you have to be able to do it with focus, do it fast and do it without having to be told. If you can do all of these things, you’ll have the most awesome discipline.

Parent: Discipline is a key life-skill to having a quality life. If you teach it to your children, it will help develop their self-esteem. They will always feel great about themselves when they do their best. Please understand no one is born with discipline. Only through the practice of doing one’s best, does it become a habit. Always encourage and guide your children to do so, no matter how challenging things may be.

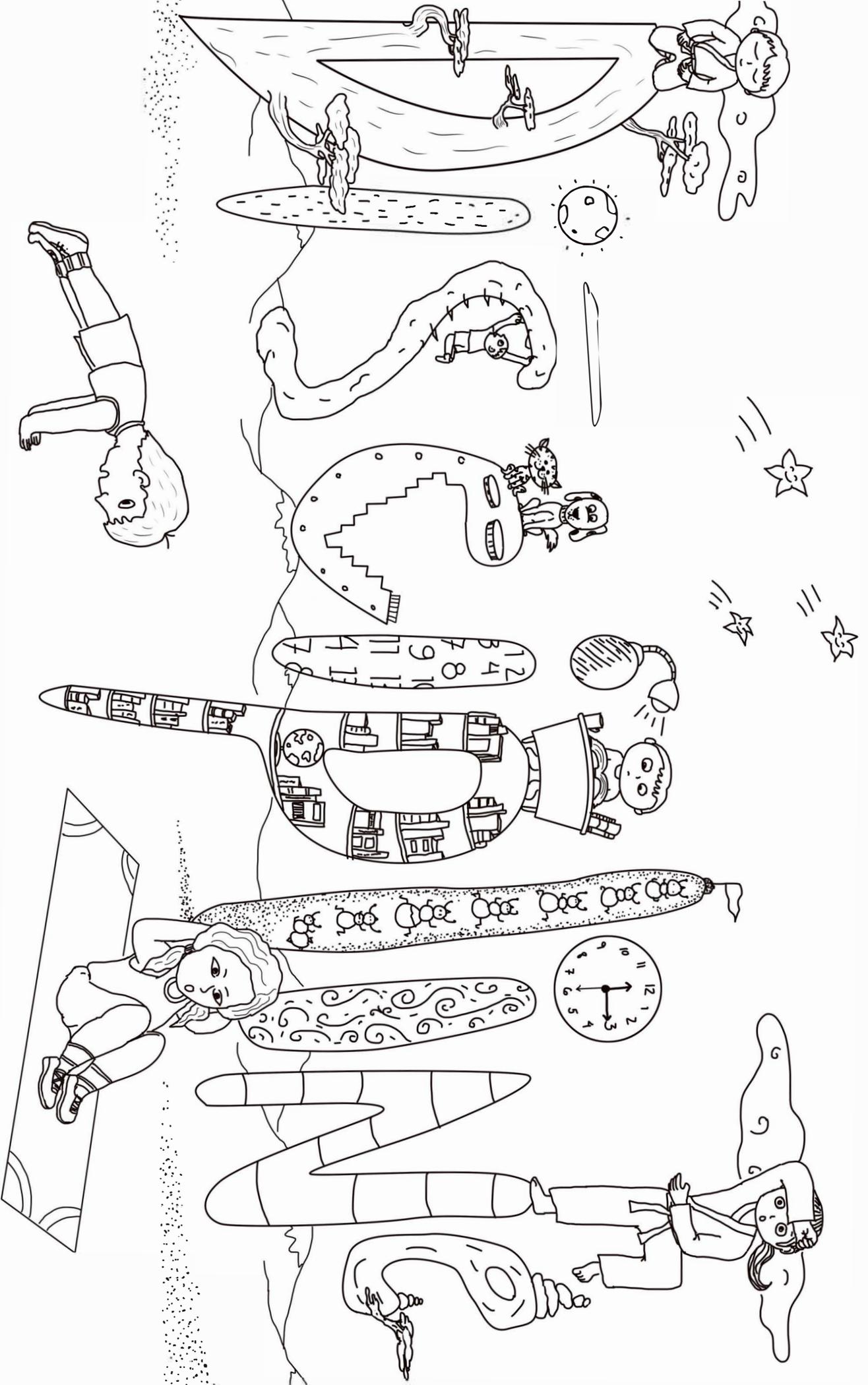
There is a big difference between disciplining your children and teaching them self- discipline. Most would agree, that when asked what discipline means, they associate it with being punished, such as disciplinary action.

Self-discipline can only be learned when a child does their best without having to be told. Praise them when they do so and reward them accordingly.

When they don’t do their best, offer them constructive criticism and make sure there are logical consequences in place as a result of their actions and choices.

Discipline is a valuable life-skill because it teaches your child that in order to achieve their goals they must always do their best.





To always do your best .