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Self-Discipline



Jocko Willink is a retired United States Navy SEAL officer, author, and podcaster. And he often uses the phrase “discipline equals freedom.”

Self-discipline is the ability to control one's own actions, emotions, and behaviors in order to achieve a particular goal or adhere to a set of standards or values.

For Willink, discipline isn't about restriction or limitation; instead, it's about empowering oneself to take control of their actions, thoughts, and decisions. By being disciplined, you're able to consistently work towards your goals, stay focused, and overcome obstacles. This discipline ultimately leads to freedom because it allows you to break free from the constraints of procrastination, laziness, and impulsiveness that might otherwise hold you back.

To assert control over our life, we need goals and the self-discipline to consistently work towards those goals.

For the following task, you need to think of a goal of yours. What is something in life you would like to achieve? After you write your goal, think of what daily disciplines are needed to reach this goal?

If you want to be an author in the future, maybe you could develop the habit of reading for 1 hour every day.

If you want to be a professional athlete, maybe you could wake up early 5 times a week and run sprints.

If you want to get better grades, then maybe you could build the discipline of completing your homework the moment you get home from school.

After writing down the daily disciplines needed to achieve your goal, you need to write a purpose statement.

What is it about reaching that goal that would make you feel more fulfilled and content? Think (I mean really think) about why that goal is something you aspire to accomplish? Be detailed, specific, and write from the heart.

