

## **DISCIPLINE!**

Student & Parent Handout

**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.

**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 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.

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.

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

**Student:** Even if it is not fun or to your liking, if you always do your best, you will feel great about yourself and do a better job. When you feel great about yourself it is called self-esteem. 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.

- Doing your homework
- Cleaning your room
- Bathing
- Being kind to your brothers and sisters
- Shows patience
- Can plan and set goals
- Persistent

These are some basic guidelines we came up with for academics. Parents may add to this or use their own guidelines with their child.

If your child has been showing discipline throughout the session please sign off the discipline section of the book. When this section is signed off we will give them a stripe for showing discipline. If your child is having trouble following “discipline”, let us know and we will talk to them.