

Myths or Views about Oneself

Learning Objectives



Analyze things related to
self-discipline



Identify perspectives
connected to the
'determination' diagram



Flourish a Self-Discipline
Skills

Misconceptions about self-discipline

It is a Focus, Not a Restriction

Prioritizing purposeful living rooted in values over blind adherence to strict rules



It is Awareness, Not Oppression

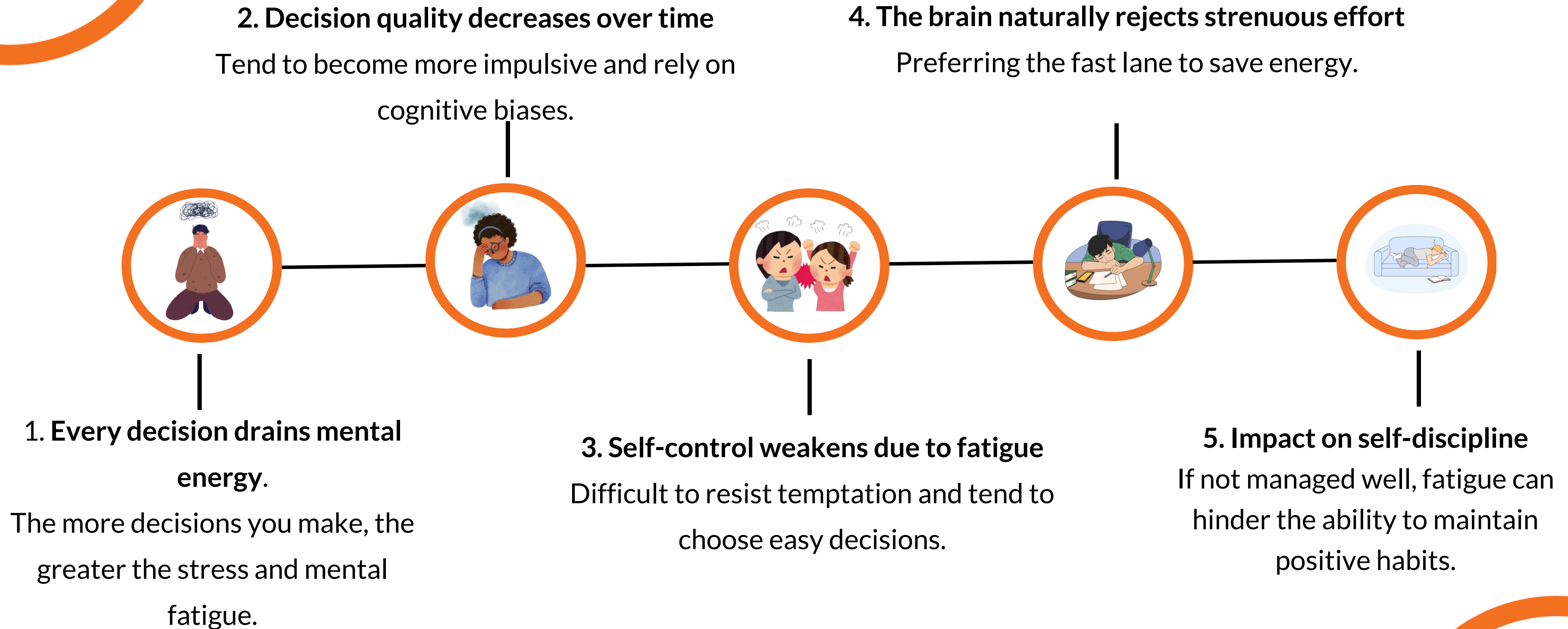
Not stressing yourself out, but just doing what's best for you.

It is Power, Not Rigidity

Allowing complete autonomy in managing our commitments.



Concept of Decision **Fatigue**



How to Reduce Decision **Fatigue**

Reduce unnecessary
choices



Set time for important
decisions



Avoid wasting time on
trivial decisions



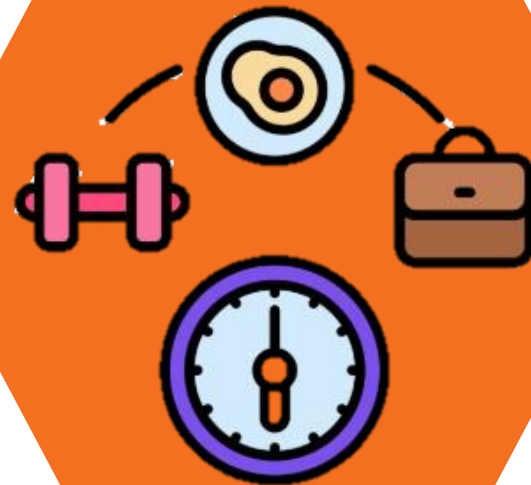
Practice
simplicity &
minimalism



Manage stress well



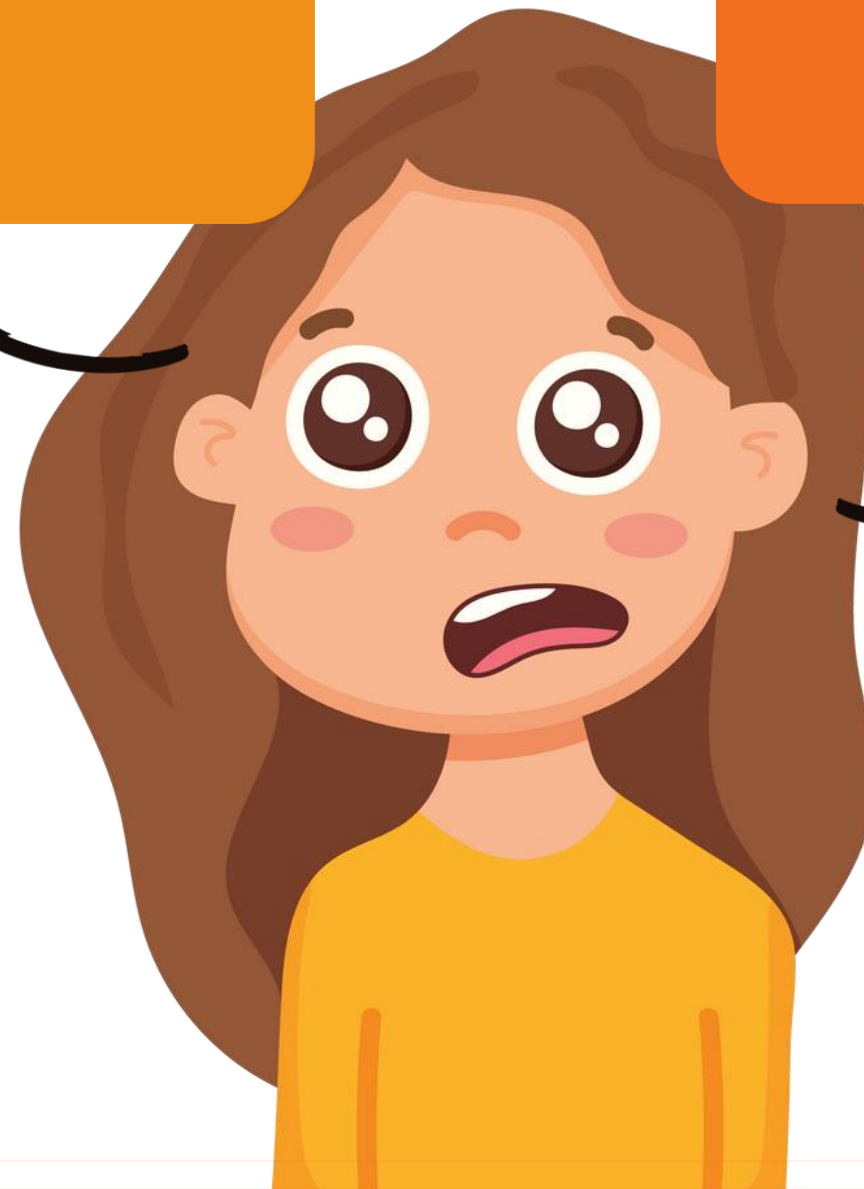
Create a daily
routine



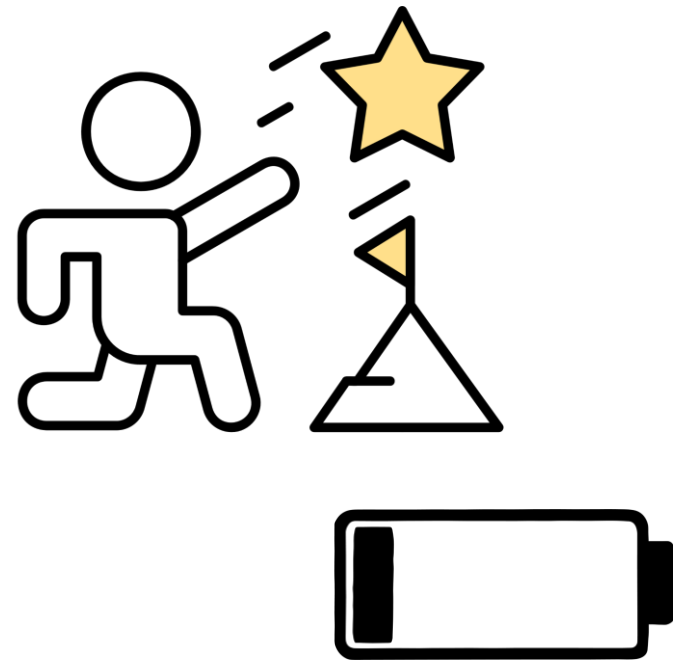
Two Perspectives on Determination

Ego Depletion
Theory

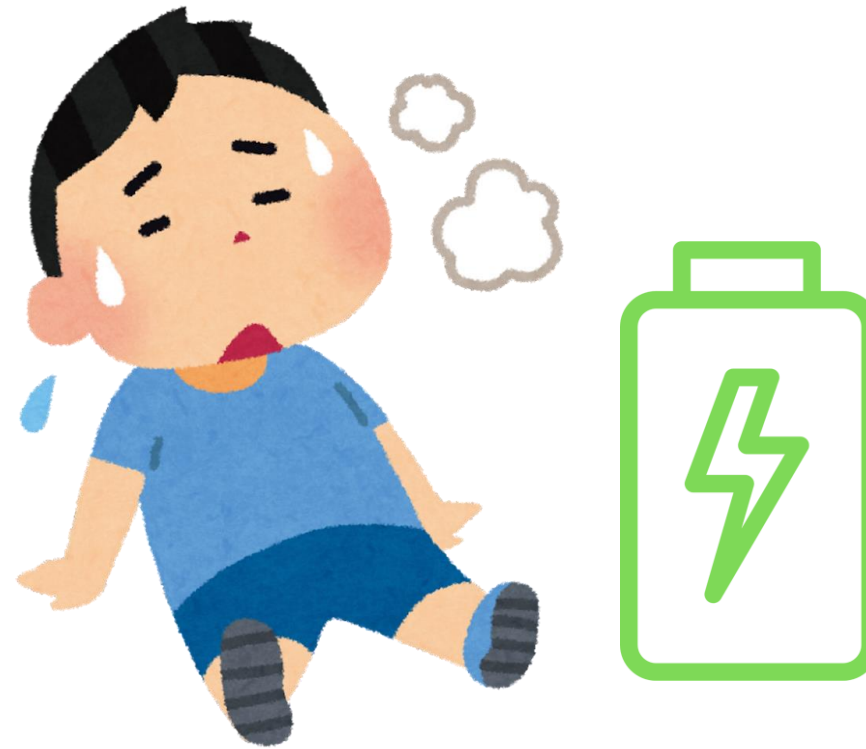
Mindset Theory



Ego Depletion Theory



Determination is like a battery with limited capacity.



The more it is used, the more it wears out until it needs to be recharged.



Recovery is done through rest, adequate sleep, meditation, and adequate food intake.



Mindset Theory



Determination depends on our beliefs about its limits.



Those who believe their determination is limited are more likely to fail in self-control.



Determination is like a muscle: the more it is trained, the stronger it gets; it temporarily weakens after intense training but recovers stronger.

Merging Two Perspectives



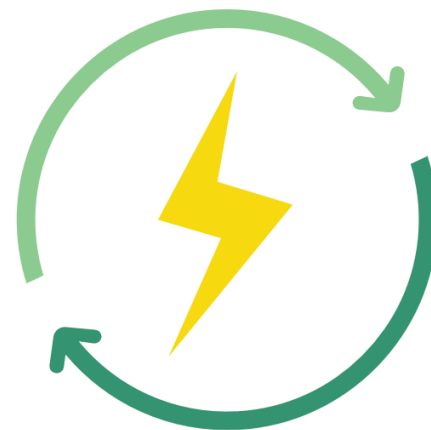
Maintain reserves of determination and build an empowering mindset.



Build the mindset that determination can be strengthened with daily practice.



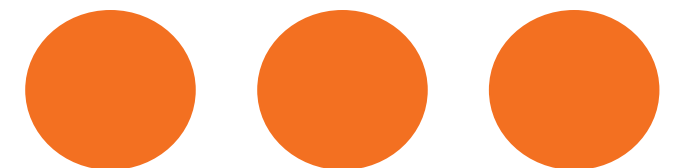
Seek a conducive environment without avoiding opportunities to exercise willpower.



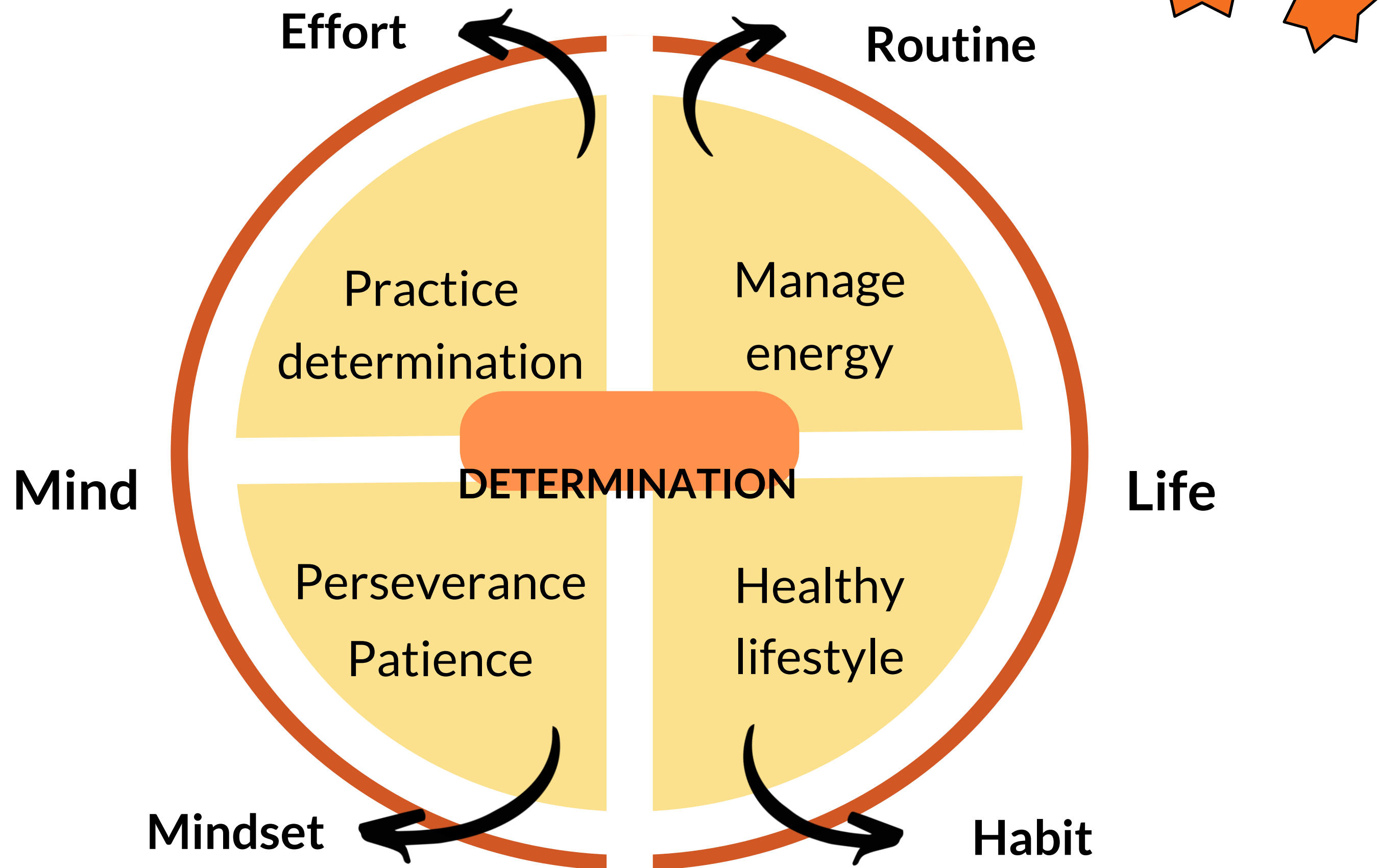
View fatigue as a source of energy that can be replenished



Take full responsibility for decisions and believe in having great potential.



**Practical
Steps to
Improve Self-
Discipline:**



Practical Steps to
Improve Self-
Discipline:

Mind

Mindset

Effort

Routine

Life

Habit

DETERMINATION

Regular practice
helps build
stronger
determination..

Prioritize complex
tasks, simplify
routine choices,
and regulate
stress
constructively.

Self-discipline
develops through
consistency and
perseverance.

A healthy diet,
regular exercise,
adequate sleep,
and the practice
of meditation.



World Vision

INDONESIA

Wahana Visi Indonesia bermitra dengan World Vision yang mendukung KOICA PMC Project yang bertujuan untuk meningkatkan Rehabilitasi Sosial bagi Remaja Rentan di Indonesia yang di inisiasi oleh Korea Institute for Development Strategy, ReBach Internasional dan World Vision Korea dan didanai oleh Cooperation Agency (KOICA)

KOICA
Korea International
Cooperation Agency

KDS Korea Institute for
Development Strategy

RE:BACH
international

World Vision



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