

# STEPS TO SELF-DISCIPLINE





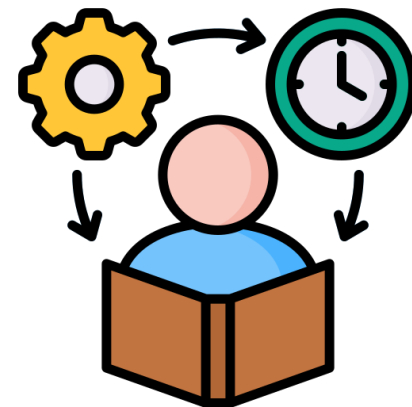
# LEARNING OBJECTIVES



Have future  
goals/expectations



Support classmates by suggesting ways  
to reach their objectives



Practice self-discipline in daily life  
to attain goals



Foster mutual respect and  
support

# THREE MAIN FORCES IN DETERMINATION

**I will:**  
Positive Habits to Practice



**I Won't:**  
Things to Avoid



**I Want:**  
Key Objectives to Achieve



# ★ BENEFITS OF HAVING STRONG DETERMINATION ★

Be healthier, happier, and have more fulfilling relationships



Be more successful in your career and have better stress management



Self-discipline is more influential on academic success than IQ



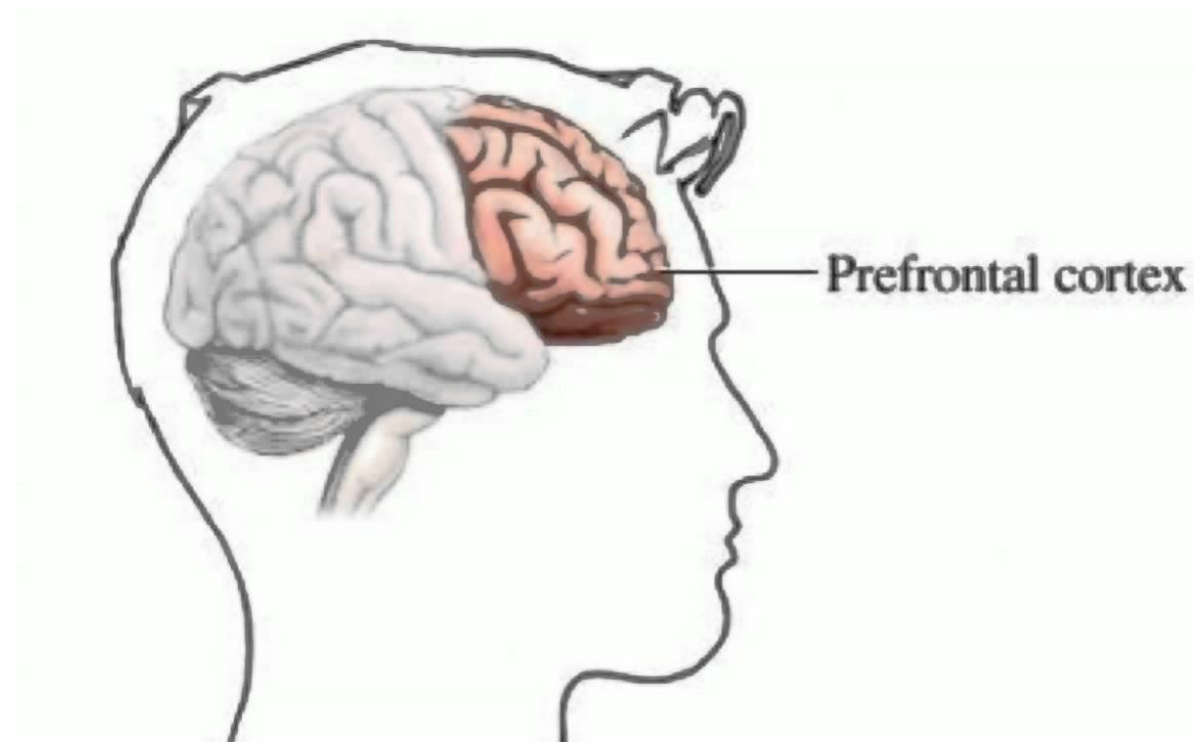
Leadership is more than just charisma



Marital happiness is more important than empathy



# THE ROLE OF *PREFRONTAL* CORTEX IN SELF-DISCIPLINE



The *prefrontal cortex* controls what we notice, think and feel.

This part convinces us to do more difficult things

# THREE MAIN AREAS WITHIN THE *PREFRONTAL CORTEX*

I Will



Helps to start and persist at a difficult or tedious task

I Want



Track desires and goals, determine what you really want

I Won't



Control impulses and resist impulsive desires





# Self-discipline is a Battle Between Two Minds in One Brain



## *FIRST THOUGHT*

Act on impulse and  
seek immediate  
gratification



## *SECOND THOUGHT*

Delaying pleasure to  
maintain long-term goals

# WHAT IS SELF-AWARENESS?

"The ability to be aware of what we are doing while doing it and understand why we are doing it, even being able to **predict** what we are likely to do in advance, thus having the **opportunity** to **reconsider**"





# SELF-AWARENESS RELATED TO DETERMINATION/SELF-CONTROL

**For example:** recognize the desire to smoke and what to do with that desire --> realizing that if you give up, you will also give up --> seeing the bad effects of smoking --> choosing not to smoke.



**For example:** want to exercise after the activity --> make sure to complete the task and get ready --> track options --> review and analyze whether the options support or complicate the goal.

# THREE CORE PRINCIPLES OF SELF-DISCIPLINE

## Aspiration

Fuel for self-discipline,  
source of motivation and  
commitment

1



2

## Awareness

Cultivating inner  
awareness through  
reflection and  
contemplation

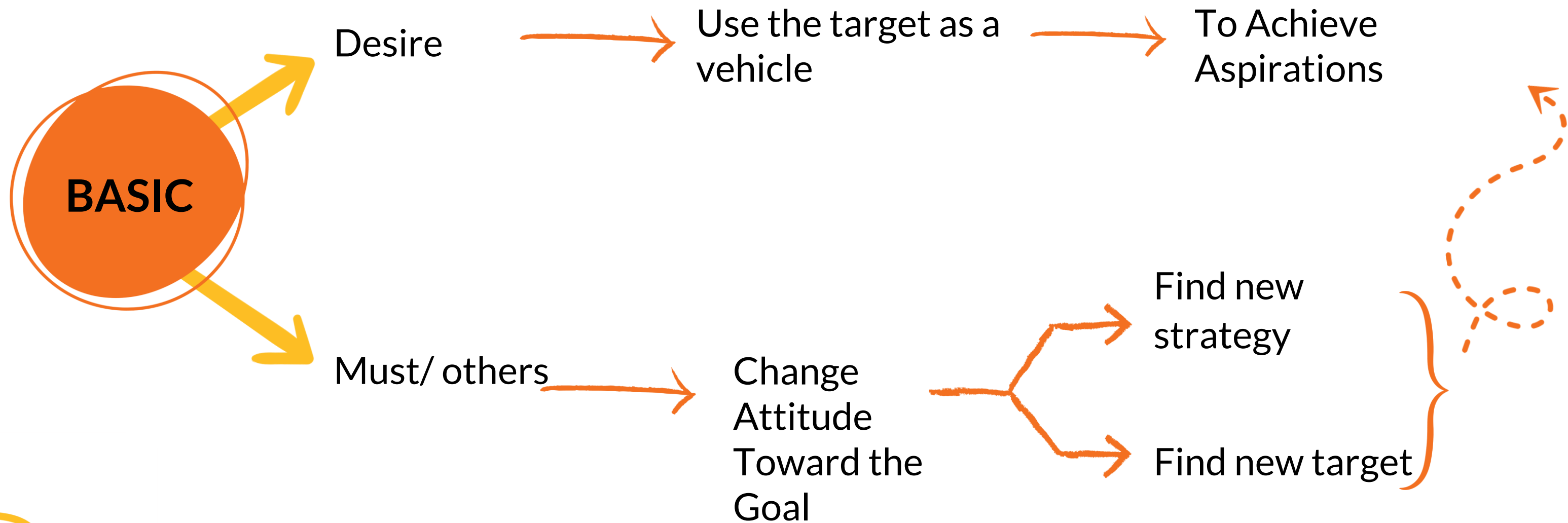
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## Action

Must be purposeful, consistent and  
effective

# THREE CORE PRINCIPLES OF SELF-DISCIPLINE

## 1. Aspiration



# THREE CORE PRINCIPLES OF SELF-DISCIPLINE

## 2. Awareness

Awareness brings:

acceptance of self, freedom from thoughts and urges, power to choose actions, alignment with values we believe in, and organic growth.



Reminder

+



Aspiration

+



Deciding to do  
(intention)

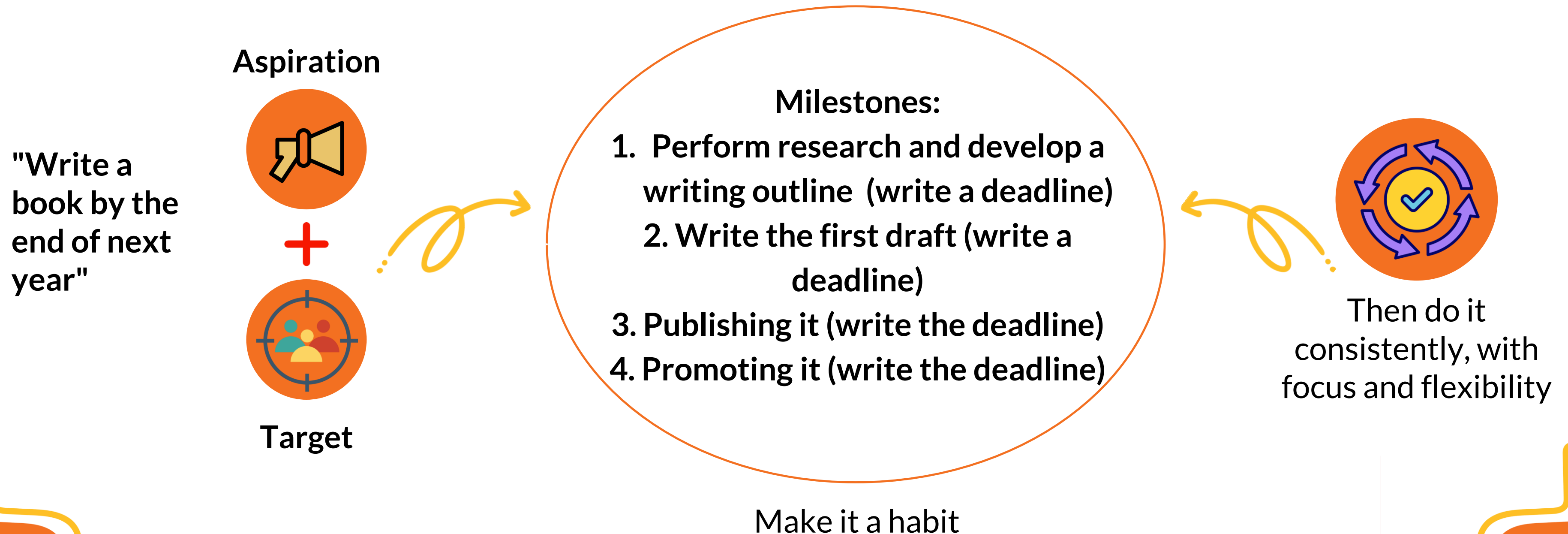
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Self-discipline

# THREE CORE PRINCIPLES OF SELF-DISCIPLINE

## 3. Action



# WAYS TO MAKE FUTURE TANGIBLE AND KNOWN YOUR OWN DESTINY

## Creating Future Memories

Imagine ourselves in the  
future to delay instant  
satisfaction



## Envisioning Your Future Self

Imagine how your future  
self will view your decisions  
today-will it be full of  
regret or satisfaction?

## Send a Message to Your Future Self

Think about how your future self will  
feel about the choices you make now.



# FOUR SELF-DISCIPLINE SKILLS



## 1.CONCENTRATION VS DISTRACTION

### **CONCENTRATION**

**Requires attention and resists distraction or escape**

**A youth who can give sustained attention and not be distracted by distractions or lured by the lure of entertainment, can complete tasks quickly and efficiently.**



### **DISTRACTION**

**Youth who are easily distracted and prone to running away from completing work for longer periods of time due to frequent stops for diversion and relief**



# FOUR SELF-DISCIPLINE SKILLS



## 2. COMPLETION VS STOPPING HALFWAY

### COMPLETION

- Requires follow-through from start to finish
- Pursues goals even when they become more difficult to achieve
- Requires perseverance in the face of fatigue and frustration, which relies on strength of purpose and dedication



### STOPPING HALFWAY

- Has low tolerance for frustration, gives up easily when the going gets tough
- May start with good intentions, but runs out of determination halfway through, and gives up
- Needs to practice breaking down work into manageable stages and recognizing demonstrated progress





# FOUR SELF-DISCIPLINE SKILLS



## 3. CONSISTENCY VS. IRREGULARITY

### *CONSISTENCY*

- Requires sustained effort for perceived effects to be maintained
- Done through repetition and routine
- Can maintain important, habit-forming levels of behavior



### *IRREGULARITY*

- Requires tolerance for boredom
- Scheduling the next repetition action into the daily plan to remind oneself to improve consistency



# FOUR SELF-DISCIPLINE SKILLS



## 4. COMMITMENT VS FAILURE TO FULFILL COMMITMENT

### *COMMITMENT*

- Doing what one promises to oneself or others
- Can be relied upon to mean what is said.



### *FAILURE TO FULFILL COMMITMENT*

- Procrastination leads to avoidance and delay
- Notice how good you feel when you act on a promise and resolve to treat yourself well as a way to increase commitment.

**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 (KDS). ReBach Internasional dan World Vision Korea dan didanai oleh Korea Cooperation Agency (KOICA)

**KOICA**  
Korea International  
Cooperation Agency

**KDS** Korea Institute for  
Development Strategy

**RE:BACH**  
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Wahana Visi Indonesia

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