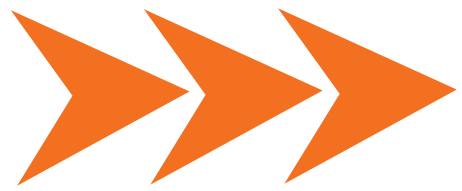
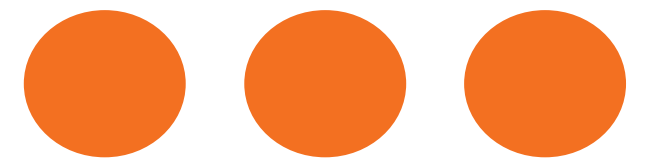




# **Approaches to Self-Discipline**



# Learning Objectives



Practicing strategies related  
to self-discipline

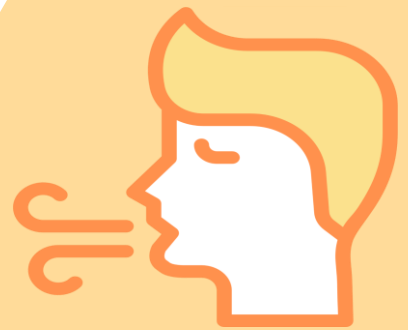


Building determination and  
avoiding contagion



Develop a persistent attitude

# Determination Training Strategies



**Manage  
Breathing**



**Doing  
Meditation**



**Hiding  
Temptation**



**Waiting for ten  
Minutes**



**Doing the I Will, I  
Won't, and I Want  
Challenges**



**Avoiding  
Contagion**



**Responding to  
Failure of  
Determination**



# 1. Manage Breathing

Lower breathing to 4-6 breaths per minute or  
10-15 seconds per breath

## Effects of doing it regularly



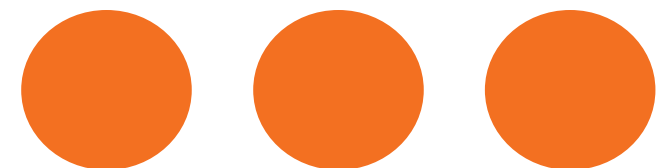
Switches the brain  
& body from a  
state of stress to  
self-control.



Provides calmness and  
a sense of control.



Builds reserves of  
determination and makes  
more resilient to stress



## 2. Doing Meditation

Meditation trains self-control skills, such as:



Attention and  
Focus



Self-awareness



Impulse Control



Stress Management

### Effects of doing it regularly

Has more brain cells and increases blood flow to the brain

# 3. Doing the I Will, I Won't, and I Want Challenges



Refrain from negative actions or words



Building good habits



Monitor things done out of the ordinary



Considering how our actions positively impact ourselves and others



Visualizing the progress attained along with the emotions it brings



## 4. Hiding Temptation

### Benefits:

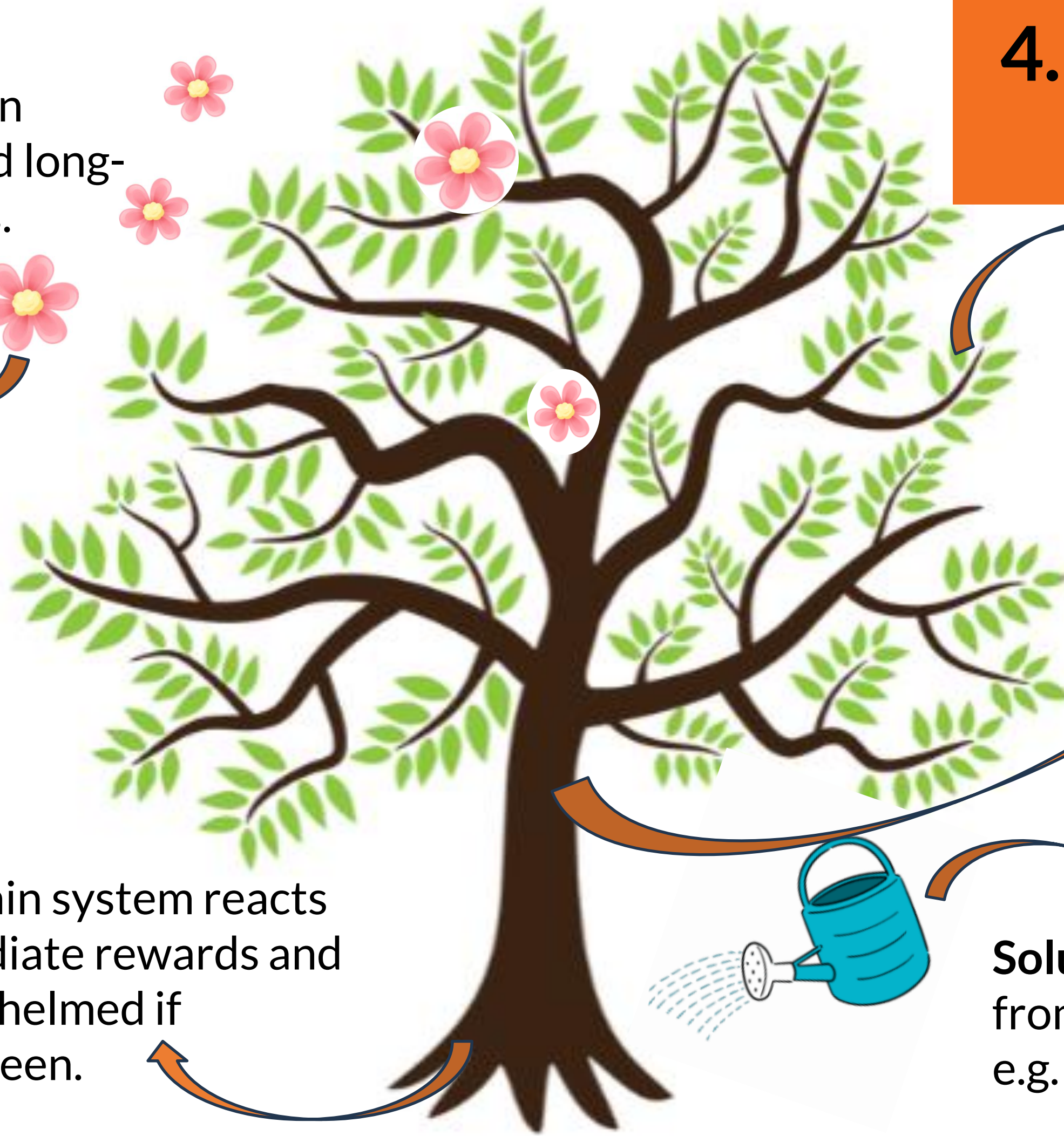
Helps focus on happiness and long-term rewards.

**Impact:** Gain immediate short-term rewards

**Problem:** We find it difficult to resist the rewards in front of us

**Cause:** The brain system reacts more to immediate rewards and is easily overwhelmed if temptation is seen.

**Solution:** Create physical distance from temptation for self-control, e.g. hide the source of temptation





## 5. Waiting for Ten Minutes



**When driven to choose  
instant gratification**

Wait for 10 minutes to  
ask yourself questions

"Am I willing to lose future  
good results for the sake  
of instant gratification?"

**Benefit:**

Increased self-control and  
wiser choices.





# 6. Avoid Contagion

Social Proof makes determination and temptation contagious



## 7. Responding to Failure of Determination

Three Social Brain Responses in Responding to Determination:



**Accidental Imitation:**  
the tendency to imitate  
observed failure behavior.



**Emotional Contagion:**  
Contracting bad feelings and  
falling back on the usual



**Temptation Catching:**  
Seeing others give up or struggle  
can trigger our desires and  
appetites.

# 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