

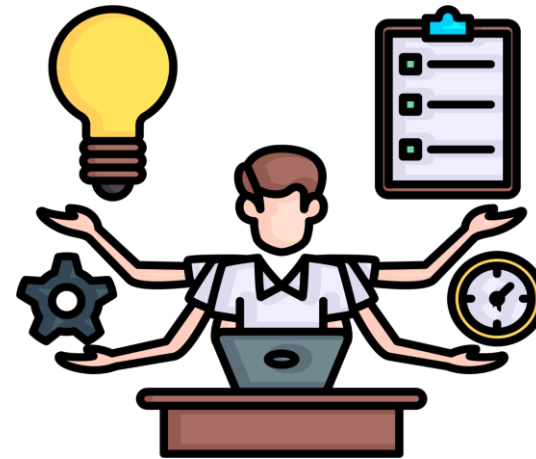
Determination & Self-Discipline



Learning Objectives



Analyze things related
to self-discipline



Flourish a self-
regulation skills



Discipline or Self-Control

"The ability to consciously suppress inner urges in order to achieve a goal."



8 Behaviors that demonstrate Self-Control or Discipline:

1. Maintaining focus on the instructor during lesson without distractions



3. Prefer doing homework to watching television

2. Read the test instruction before you start



4. Persist on long-term tasks despite boredom and frustration

8 Behaviors that demonstrate Self-Control or Discipline:

5. Control feelings of anger without exhibiting tantrums



7. Exercise regularly



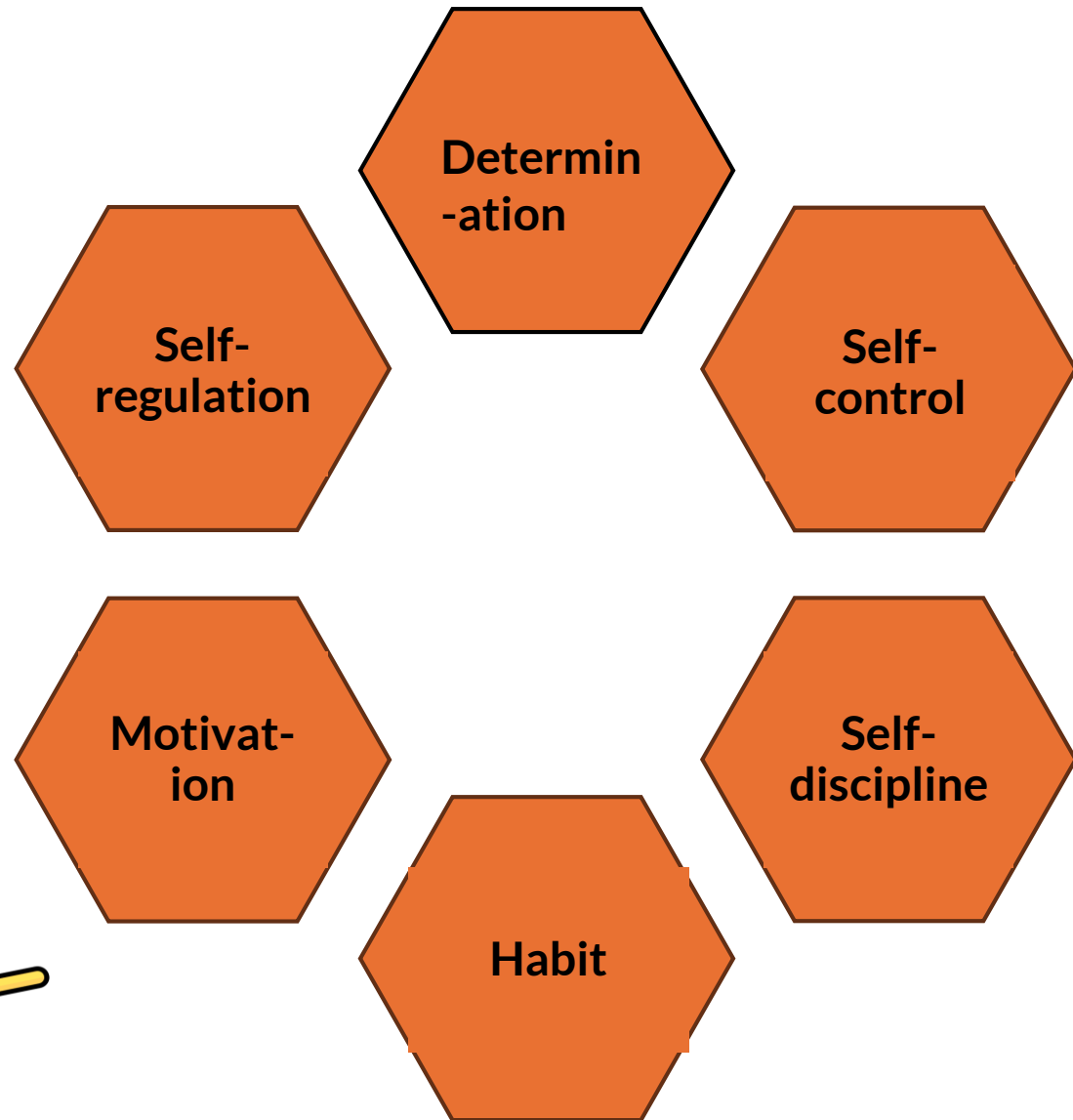
6. Eat healthy food instead of fast food



8. Deposit funds and earn interest from the bank



Concept Differences



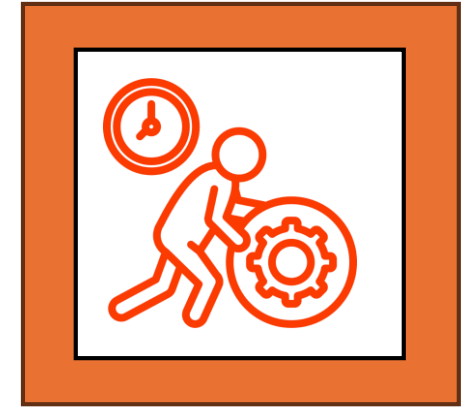
Concept Differences



1. **Self-Regulation** - Conscious and self-effortful self-regulation that includes determination, self-discipline, self-awareness, and motivation.



3. **Self-control**: Controlling urges or preventing oneself from doing something ("*I Will Not*").



2. **Determination**: In addition to resisting the urge ("*I Will Not*"), it also includes the urge to act ("*I Will*").

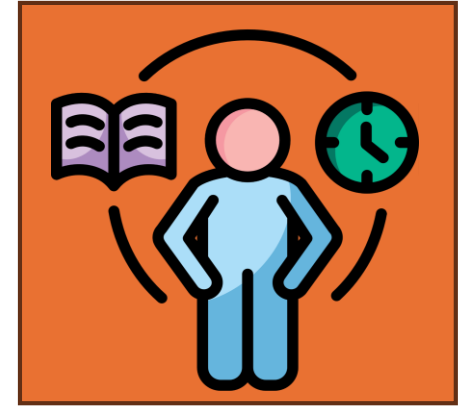
Concept Differences



4. **Self-Discipline** - The implementation of self-awareness and determination over time.

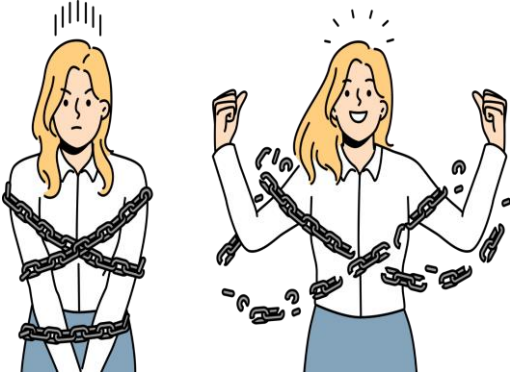


6. **Motivation** - The emotional state in which a person is excited to do something, or the desire to engage in a particular activity.



5. **Habit** - A form of self-discipline that has become automatic over time, either consciously or unconsciously.

Key Benefits of Self-Discipline



1. Make more confident and empowered



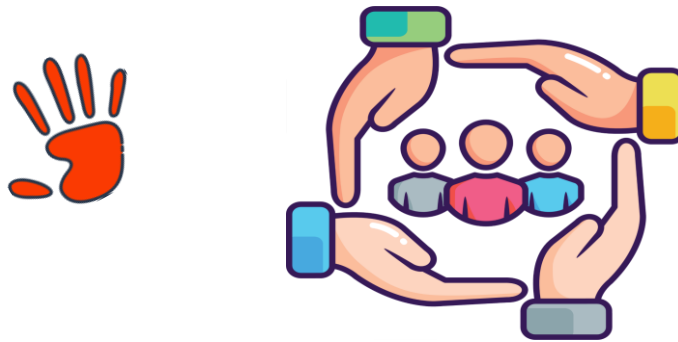
2. Possible to achieve the goal



3. Gives advantages in life.



4. Maintain a healthy body and physical condition.



5. Improve relationships



6. Provides purpose, strength, and calmness.

Self-care as part of self-discipline

2. Schedule breaks, pauses and fun activities.

4. Maintain spontaneity in some aspects of life.

6. Moderately enjoy things you like without guilt.



1. Get enough sleep and eat healthy food.



3. Have cheat days to cut yourself some slack.



5. Balancing work, relationships, and health.



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)

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