

**[1] Before We Start...**

People often do things that they know are not intelligent (like smoking or gambling). The choice is ours to make. Do you do your very best to make good choices?

Your answer: → “yes”      “no”      “usually”      “hard to say”

**[2] Definitions:**

entails

fixed term

appreciate (*means more than “thank you”*)

resources

contribute

end up

consisting

unavoidable

impose upon

subject oneself to

set your own terms

circumstances

otherwise

aspiration

**[3] Watch the presentation****[4] Read the text**

## DISCIPLINE

Having self-discipline is deciding to do what you know has to be done. It entails doing something again and again, and doing it for a fixed term. It's a decision that people make, to have self-discipline or not.

If you decide that you'd really like to have self-discipline, you must understand and appreciate what it can do for you. If you choose it, you will have to remind yourself from time to time the benefits of having it. When you have truly made the decision that you will have self-discipline, you will have gained great power.

With discipline, you will be able to create wonderful valuable things. You will start to use time and resources in an intelligent beneficial way. You'll be able to contribute to the world.

If you decide not to live in a disciplined way, you will probably end up living a life consisting of some unavoidable discipline that society will impose upon you. It is much better to choose your own than to subject yourself to someone or something else's idea of doing what has to be done. Setting your own terms is much preferable.

Those people in the self-discipline group will have options in life to choose from and circumstances will arise which otherwise would not have been available if you didn't have self-discipline.

Set a goal, choose discipline, achieve.

If you've chosen self-discipline, you'll have the power to get fantastic results from the time and energy that you put into reaching your aspiration.

**Think about:** The choice is yours--why not choose what you know inside of you to be the better way?

**[5] Circle the correct word:**

- Having self-discipline is deciding to [ *not do / do* ] what needs to be done.
- It's important to remind [ *yourself / other people* ] the benefits of having self-discipline.
- If you choose a life without discipline [ *some power outside of you / some power inside of you* ] will impose upon you some unavoidable discipline.
- It's [ *better / worse* ] setting your own terms in life.
- People with self-discipline will have [ *more / less* ] choices in life.
- With discipline, you will get [ *fantastic / unavoidable* ] results.

**[6] Phrase match:**

- |                     |                              |
|---------------------|------------------------------|
| A. do what you know | _____ to the world           |
| B. to have          | _____ will arise             |
| C. contribute       | _____ not have               |
| D. subject          | _____ self-discipline or not |
| E. circumstances    | _____ has to be done         |
| F. otherwise would  | _____ yourself               |
| G. energy that you  | _____ put into               |

**[7] Listen and fill in the blanks:**

Set a goal, choose \_\_\_\_\_, achieve. If you've \_\_\_\_\_  
 self-discipline, \_\_\_\_\_ the power to get fantastic  
 \_\_\_\_\_ from the time and energy that you \_\_\_\_\_  
 reaching your \_\_\_\_\_

**TODAY'S ASSIGNMENT**

**In pairs or in a small group, answer or do the following:**

1. What does this sentence mean? → *"If you decide not to live in a disciplined way, you will probably end up living a life consisting of some unavoidable discipline that society will impose upon you."* Explain with a specific example.

2. Completely re-write the sentence ↓ to make it have the opposite meaning:  
*"With discipline, you'll use time & resources in an intelligent beneficial way".*

3. Some people choose not to have self-discipline. What do such people say?  
Fill in the chart below:

I don't have self-discipline because...
"It's in my DNA."

**STUDENT NAMES & CLASS NUMBERS:**