4.1.3: Self-Reflection Prompts: Go Deeper!

Oftentimes, when we think about self-discipline, we think about willpower and self-control. The following questions are meant to get you thinking about how you govern yourself and your time.

1. What does self-discipline mean to you? Do you consider yourself to be self-disciplined?

2. Who is really in control of you and your time? Are you pulled in different directions by the demands of others?

3. Are there things that you would like to do that never get close to getting done?

4. In what areas are you most self-disciplined?

5. What is the difference between self-discipline and habit?