

Thought in Action: Self Discipline

Welcome to Thought in Action

The Thought in Action program is designed to help you better understand how to make the lessons that you learn at the White Oak Martial Arts Center part of your everyday life. The more you practice and develop the leadership traits, the better a martial artist and person you will be. Remember that the path of the Martial Arts is one of Self Mastery. Work to find harmony within yourself and in everything that you do.

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Be a Black Belt Leader

Task : Controlling your thoughts and actions

Self Discipline

Bring Your Practices into Your Daily Life

Self Discipline quite simply means to do what you have to do whether you want to or not. We are all often called upon to do things that we do not want to do, but must do anyway. It is important to get the things done in life that need to be done. You must find the discipline within yourself to get your assigned tasks completed.

The best way to do this is to have a very good idea of scheduling. Become an expert at managing your time wisely and knowing where you are supposed to be and when. This will help you to become more organized in your thinking and therefore more disciplined in your actions.

The Yin and Yang of Self Discipline

While it is important to get everything done that you need to get done, remember that it is also important to have time to play— whatever that may mean to you. All work and no play makes Jack a dull boy, but all play and no work makes him a lazy slob. You have to find a proper balance.

A good way to do this is again with scheduling. Schedule times for work and times for play and stick to your schedule. But make sure that you get all of your work done before you start playing. As we all know it is very, very difficult to get back to work once you have started playing with something. As always, balance is key!

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Self Discipline

Task 7: Exhibiting Self Discipline

Discipline is doing what you have to do whether you want to or not. Your task for this cycle is to write down ten times over this cycle that you exhibited this trait. That is, write down ten different times from this cycle that in any area of your life you put aside something that you wanted to do and instead got something done that you had to do first.

Don't have 10? Then get to work!

Goals : Targets

My Target Date For My Next Belt is
_____ month _____ year.

My Black Belt Target Date is
_____ month _____ year.

Set a goal about how you can demonstrate the discipline to be yourself in the face of peer and social pressure. If you know what the right choice is, but don't want to look too smart, or un-cool, answer it or choose right anyway. You'll be a lot cooler and more confident in your future if you can start the habit now. Do this in all areas of your life... at school, at home, with friends, activities you like to do, etc.

An example of how I demonstrated the discipline to be myself is:

Dear Parents and Teachers,

It is our main objective to develop Black Belt Leaders at home, at school, and in the community. We would appreciate your feedback, and deeply value your opinions as success coaches at home and /or at school.

Students Name: _____

Teachers:

1) How well do you feel this student displays discipline in the face of challenge?

Excellent Good Average Poor

2) Please rate this students effort toward his/her education.

Excellent Good Average Poor

Comments: _____

Parents:

1) Do you feel that your son/daughter has shown improvement in his/her ability to display discipline?

Yes No

Comments: _____

Checklist for Belt Promotion

- 1) Have you completed your Task
- 2) Have you improved your conduct at home, school , and in the community? (Target Goal)
- 3) Do you have, or are you close to having 4 Blue Tips on your belt (16 classes)?
- 4) Have you signed up for the Belt Ceremony?
- 5) Are you up to date with all fees?
- 6) Have you brought a friend to class, or recommended someone during this testing cycle?

When your checklist is complete, please present everything to Shifu Petrush or Master Croley to earn your gold tip for your belt.

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