

## DISCIPLINE

Discipline asks us to do what is right, fair and necessary even when we don't feel like it. Think of a big goal you worked to achieve. On your journey to achievement and success, what rules (I-Rules) did you make for yourself? How did following your own "I-Rules" allow you to achieve your goal? What single piece of advice would you give a young person trying to achieve his or her goal at a time when discipline was being challenged?

### I-Rules

Personal Rules followed when working to achieve a goal

I-Rule #1: \_\_\_\_\_  
\_\_\_\_\_

I-Rule #2: \_\_\_\_\_  
\_\_\_\_\_

I-Rule #3: \_\_\_\_\_  
\_\_\_\_\_

How do/did these "I-Rules" help you to achieve your goal?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What piece of advice would you give to a young person who is going after a goal but whose discipline is being challenged or compromised?

\_\_\_\_\_  
\_\_\_\_\_

First & Last Name: \_\_\_\_\_