

Topic: Self-Discipline



Learning Objectives - Students will be able to:

- Recognize how discipline and consistency affect outcomes they care about
- Practice building one realistic goal or self-discipline habit to build consistency

Materials

- Pen or pencil
- Board or poster paper
- Handout titled "Build Your Discipline Muscle"

Lesson Plan

1. Class Discussion
 - Ask the following two questions:
 - "When you hear self-discipline, what comes to mind?"
 - "Raise your hand if you've ever said, 'I'll do it later' and then didn't."
 - Write responses on the board. Then emphasize:
 - Self-discipline isn't about being perfect or serious all the time. It's about choosing what you want **most** over what you want **right now**.
2. Right Now vs Later
 - Make two lists on the board:
 - Things that feel good **RIGHT NOW**:
 - Things that feel better **LATER**:
 - Write examples for each list, then ask students to contribute ideas to this list.
 - Examples:
 - Things that feel good **RIGHT NOW**: scrolling TikTok, sleeping in, hanging out instead of studying
 - Things that feel better **LATER**: passing the test, making the team, earning trust from teachers, coaches or friends
 - Discussion: Ask the following questions:
 - Which list is easier to choose from?
 - Which list leads to better outcomes?
 - Why do we often choose the thing that is easier to do right now?
 - Emphasize: Self-discipline is the skill that helps you bridge the gap between right now and later. Aaron Judge didn't become one of the best players in baseball by relying on talent alone. Every day, he chooses to show up early, train hard, take care of his body and stick to his routine, even during the offseason when he'd rather relax. That's self-discipline.
3. Build Your Discipline Muscle
 - Explain: Self-discipline is like a muscle. You don't build it by lifting the heaviest weight. You build it by practicing consistently and experiencing a benefit or reward.
 - Pass out assignment. Read the directions and examples.
 - Allow students to work independently or with partners.
4. Share & Commit
 - Have students share in pairs or with the class what habit they chose & why it matters to them
 - Challenge them to try their habit once a day for the next 7 days. Remind them that small, consistent effort builds big results.

Name: _____

Date: _____



Build Your Discipline Muscle



1. Pick one area to focus on. Circle one or write your own.

School / Homework / Tests

Managing distractions (phone, social media)

Sports / Activities

Personal goal / Hobby

Health / Sleep / Nutrition

Other: _____

2. Pick one small habit. Complete the following sentence:

I will practice self-discipline by _____ for _____ minutes every day.

Examples:

- I will practice self-discipline by going to bed 15 minutes earlier each day.
- I will practice self-discipline by putting my phone in another room during homework for 30 minutes every day.
- I will practice self-discipline by walking the dog for 15 minutes every day.

3. Anticipate your obstacle(s). What usually gets in the way of this habit? What is one way to make it easier to practice self-discipline?

Examples:

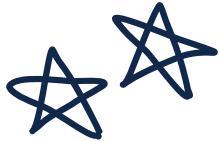
- I will practice self-discipline by going to bed 15 minutes earlier every day.
 - Anticipated obstacle: I get distracted by my phone or TV.
 - Ways to make it easier: Set an alarm as a "bedtime reminder."
- I will practice self-discipline by putting my phone in another room during homework for 30 minutes every day.
 - Anticipated obstacle: I want to check messages or social media.
 - Ways to make it easier: Set a timer for 30 minutes to make it a short, manageable block.
- I will practice self-discipline by walking the dog for 15 minutes every day.
 - Anticipated obstacle: I feel tired, busy, and unmotivated after school and practice.
 - Ways to make it easier: Set a specific time each day to walk the dog, such as right after school.

Name: _____

Date: _____



Build Your Discipline Muscle



4. Commit to practicing your habit once a day for the next seven days. Small, consistent effort builds big results.

7-Day Habit Commitment Checklist

- I practiced my habit on Day 1 - Date: _____
- I practiced my habit on Day 2 - Date: _____
- I practiced my habit on Day 3 - Date: _____
- I practiced my habit on Day 4 - Date: _____
- I practiced my habit on Day 5 - Date: _____
- I practiced my habit on Day 6 - Date: _____
- I practiced my habit on Day 7 - Date: _____

Reflection:

What made practicing this habit difficult?

What helped me stay consistent?