

SELF-DISCIPLINE

Concept of Self-Control

Discipline - loving and corrective training that leads to maturity and responsibility on the part of those who experience it

Self-Control - physical and emotional self-mastery, particularly in situations of intense provocation or temptation

Disciplining yourself to do what you know is right and important, although difficult, is the highroad to pride, self-esteem, and personal satisfaction.

- Margaret Thatcher

SELF REFLECTION CHALLENGE

Who within your team demonstrates great self-discipline

Describe a circumstance that requires self-discipline

What circumstances challenge you to NOT be self-disciplined?

How do you feel when you know you have chosen to be self-disciplined versus taking the easy way out?

What can YOU do to become a more self-disciplined athlete?



I will do my part
No matter the situation
To ensure high character
Every minute, hour, and day
Giving of myself
Respecting the sports of Cheer and Dance
Investing in others
To leave All Star and our Program a better place for
You

