

Discipline and Habbits

“ A disciplined mind leads to happiness, and an undisciplined mind leads to suffering.

Dalai Lama XIV



1. Are u a disciplined person ?
2. What do you believe most people struggle with when it comes to self- discipline ?
3. How to create good habbits and break the bad ones ?
4. What characterises a disciplined persons in your opinion?
5. What makes it harder for you to focus ?
6. What makes it easier ?
7. What are some of your techniques for being more productive ?

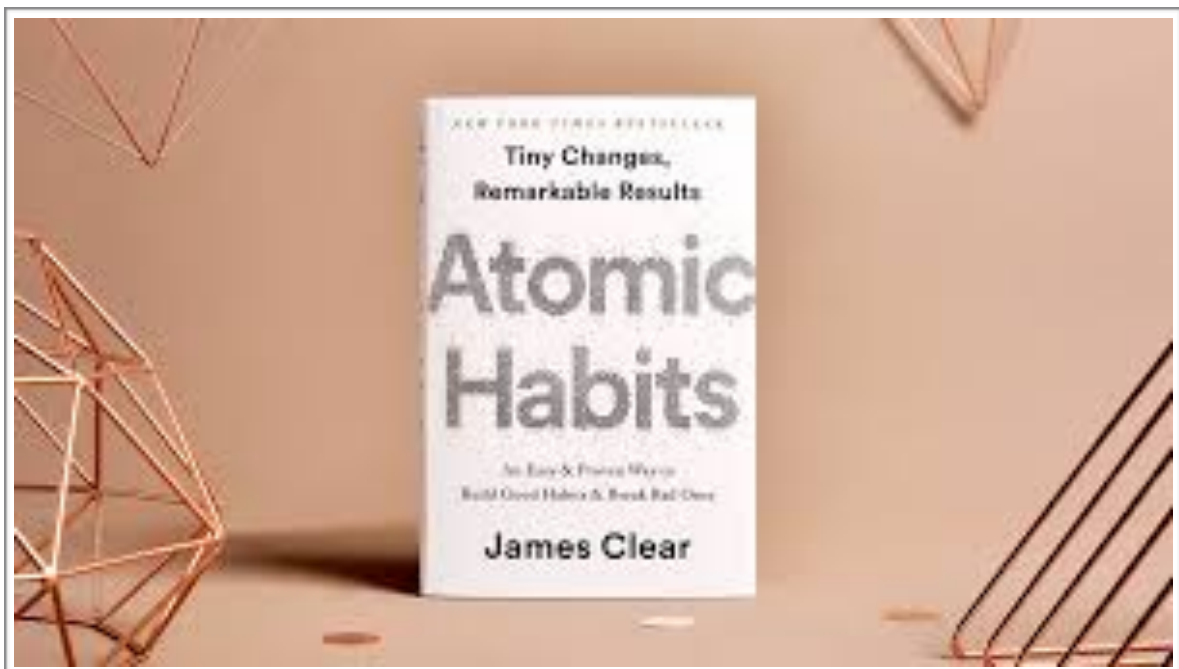
Watch a video of Jocko Willinks a former Navy Seal Team Leader and the author of “Extreme Ownership”

Discuss the questions .

<https://youtu.be/eBmVv2P-v2s>

1. What are the 3 principles and what is the meaning behind them ?
2. Does it ever happen to you to blame others ?
3. What was the situation when you took control of something in your life ?
4. Do you agree with his principles ?

Part 2 .



Watch a Video by James Clear , an author of Atomic Habits .

https://www.youtube.com/watch?v=_jmL1K7uicc

Answer these questions

1. How long does it take to develop a habit ?
2. What are the author s core habits ? Exercise, reading, writing .
3. Why do we need to be moving our bodies ?
4. What distinguishes winners and losers
5. Why does he compare habits to casting a vote.
6. What does scaling down a habit mean ?

2.

In his second video James explains some of the principles behind his process.

https://www.youtube.com/watch?v=U_nzqnXWvSo

What are the four stages of habit formation ? Discuss and Explain those principles

- 1.....
- 2.....
- 3.....
- 4.....