

# I PRACTICE SELF-DISCIPLINE IN THE WORKPLACE

My career is a fundamental part of who I am. My job provides me with opportunities for learning, which in turn feed my career. **Because I am committed to personal growth, I practice self-discipline in the workplace.**

Through my work, I also find satisfaction in time well-spent. Whether or not the job I have today is directly in line with my career, it always has something to teach me. Sometimes, this is about my preferences in a job. At other times, I learn skills that benefit my career.

In my job, I also have many opportunities to give to others. **When I stay focused and task-oriented, I have more to offer.** This way, I provide value to my employer and associates, who appreciate my diligence and responsiveness. By practicing self-discipline, I am a better person.

Also, the time I spend at my job is mine. I choose to be there. And I prefer to avoid wasting my time. Therefore, I am careful to make good use of each precious second, just as I do with my personal time. I get only 24 hours in a day,

so I endeavor to use each of them wisely.

Self-discipline is a skill that carries over into the rest of my life, too. If I practice it in the workplace, I am more likely to do so also in my personal life. If, instead, I choose to practice laziness, easy distraction,

or procrastination at work, I am more inclined to manifest these traits all the time.

**Today, I use my time wisely.** I know that time is my most precious commodity, so each day, I recommit to self-discipline in the workplace.

## Self-Reflection Questions:

1. What are some of my primary distractions at work?

2. On what things do I focus most easily in the workplace?

3. How can I reward myself for practicing self-discipline?