

CHAPTER 7: DISCIPLINED

Where There's a Will, There's a Win

Bill Toomey, internationally known decathlete, shares that no big move in his training or in competition secured his place in history. However, he believes that there are thousands of things he does. Doing the thousand of little things requires discipline.

Discipline is defined as doing what you really don't want to do so that you can do what you really want to do. No one succeeds without discipline!

Three areas where discipline must be developed are:

- **Disciplined Thinking**
You must keep your mind active, regularly take on mental challenges, and continually think about the right things.
- **Disciplined Emotions**
You shouldn't let your feelings drive you to do things you shouldn't. People have two choices...they can master their emotions or be master by them!
- **Disciplined Actions**
Actions separate winners from losers.

Questions that we are asked to reflect upon include:

- Do you take on mental or physical challenges?
- Do you believe you are the best you can be?

The disciplined team member...

- Strengthens his work habits
- Does the right thing at the right time!
- Takes on a challenge
- Thinks sharply and acts with discipline
- Tames his tongue
- Gives himself a chance to cool down
- and look at things more rationally

Comments:

Discipline is the quality that can often "make or break" the circumstance we find ourselves in. As leaders within early childhood programs of Arkansas, we must demonstrate disciplined thinking, disciplined emotions, and disciplined actions. These attributes are critical as we seek to enhance funding and support.

Anne Sneed, Special Projects Coordinator, Paris School District, Paris, AR