



## What Is This Module About?

In this module you will learn the value of self-discipline. You will learn how it can help you improve your life and achieve your goals. This module will serve as a guide as you practise self-discipline in your everyday life.

Through this module, you will also learn how to manage negative tendencies such as laziness, and procrastination.

This module is divided into three lessons:

Lesson 1 – *What is Self-discipline?*

Lesson 2 – *“Reach For the Stars”*

Lesson 3 – *Alex Mañana*

After completing this module, you should be able to:

- ◆ describe a disciplined individual;
- ◆ cite examples of situations in which you should practise self-discipline;
- ◆ recognize the importance of having self-discipline in achieving one’s goals; and
- ◆ identify negative tendencies, such as procrastination, laziness, and lack of perseverance; and
- ◆ manage such negative tendencies.



## Let's See What You Already Know

Read each statement carefully. Write T if the statement is correct or true. Write F if it is false.

- \_\_\_\_\_ 1. A fatalistic person is one who leaves his future to chance.
- \_\_\_\_\_ 2. Self-discipline is the determination to achieve the goals that you have set.
- \_\_\_\_\_ 3. Laziness and impatience are negative tendencies that must be managed.
- \_\_\_\_\_ 4. Self-discipline includes perseverance, punctuality, sense of self-worth and others.
- \_\_\_\_\_ 5. Self-discipline is important to have a healthy and happy life.
- \_\_\_\_\_ 6. A disciplined person strongly believes in his capability to achieve his/her goals.
- \_\_\_\_\_ 7. The motto – “Try and try again until you succeed,” shows the value of sacrifice.
- \_\_\_\_\_ 8. Patience means taking the easier ways or shortcuts.
- \_\_\_\_\_ 9. Self-discipline can be practiced even in our tasks such as, fixing the roof and working on the farm.
- \_\_\_\_\_ 10. If a person has self-worth, it will be hard for him/her to speak to people.

Well, how was it? Do you think you fared well? Compare your answers with those in the *Answer Key* on page 39.

If all your answers are correct, very good!! You may skip this module and use it as a reference while studying other related modules. If you had some mistakes, don't worry. This module is for you. It will help you understand some important concepts that you can apply in your daily life. If you study this module carefully, you will learn the answers to all the items in the test and a lot more! Are you ready?

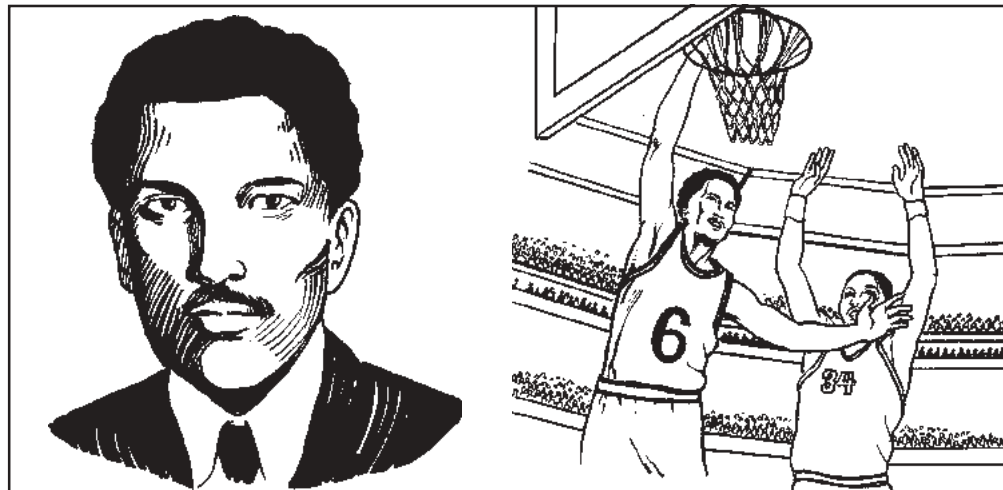
You may go now to the next page to begin Lesson 1.

## What Is Self-discipline?

Are you fond of basketball? Who is your favorite basketball player? Do you know Julius Erving? He's one of the greatest basketball players. Read his story. It will teach you something about discipline.



**Let's Read**



Julius "Dr. J" Erving

Basketball legend Julius Erving was born in Long Island in the United States of America. His father left the family when Julius was only three years old. His mother worked hard as a domestic helper to support her three children. Life was difficult for young Julius. Mrs. Erving instilled in him a sense of hardwork and determination. At the age of ten, Julius was doing great in his basketball games with his Salvation Army team. He realized that his talent for basketball was his way out of poverty. This became his goal. He was very determined and he worked hard to achieve his goal. He was not only able to improve his life but became one of the greatest players in the history of basketball.



## Let's Try This

1. Who is Julius Erving?

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2. As a child, what was his goal?

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3. Did he achieve his goal?

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4. Do you think that he practiced self-discipline in achieving his goal? Why or why not?

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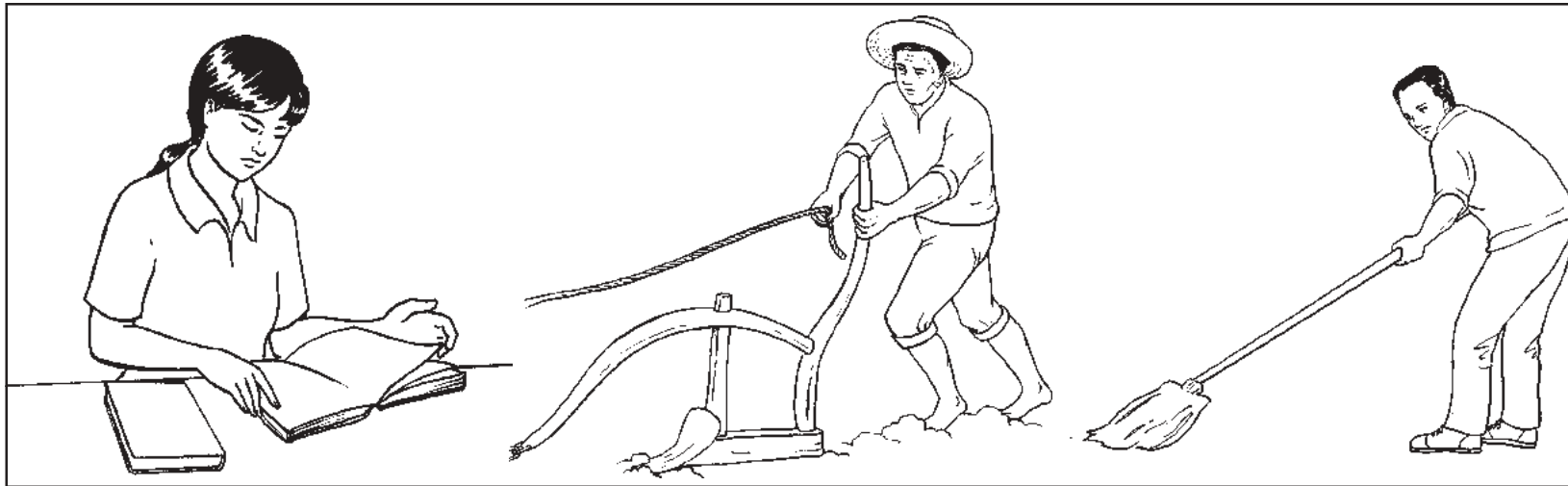
Compare your answers with those found in the *Answer Key* on page 40.



## Let's Learn

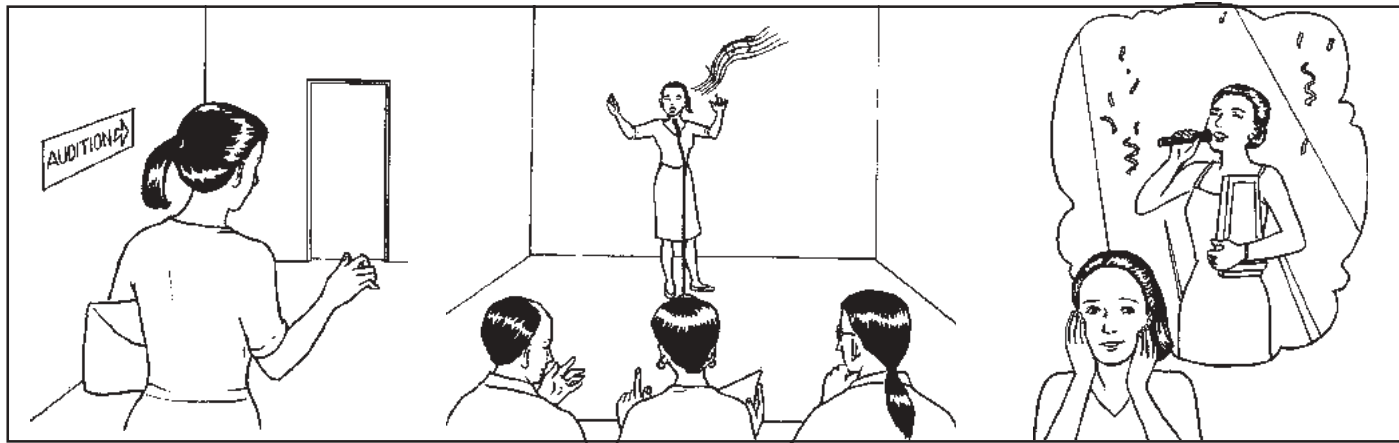
In the previous activity, you learned that Julius Erving's goal was to improve the situation in life of his family. He was able to achieve this through self-discipline. What is a goal then? A goal is an object or end situation that you want to achieve.

Self-discipline is important in achieving our goals. Self-discipline is doing what you believe are the right and proper things to do. No one forces you to do them and you do not do them simply to please other people.



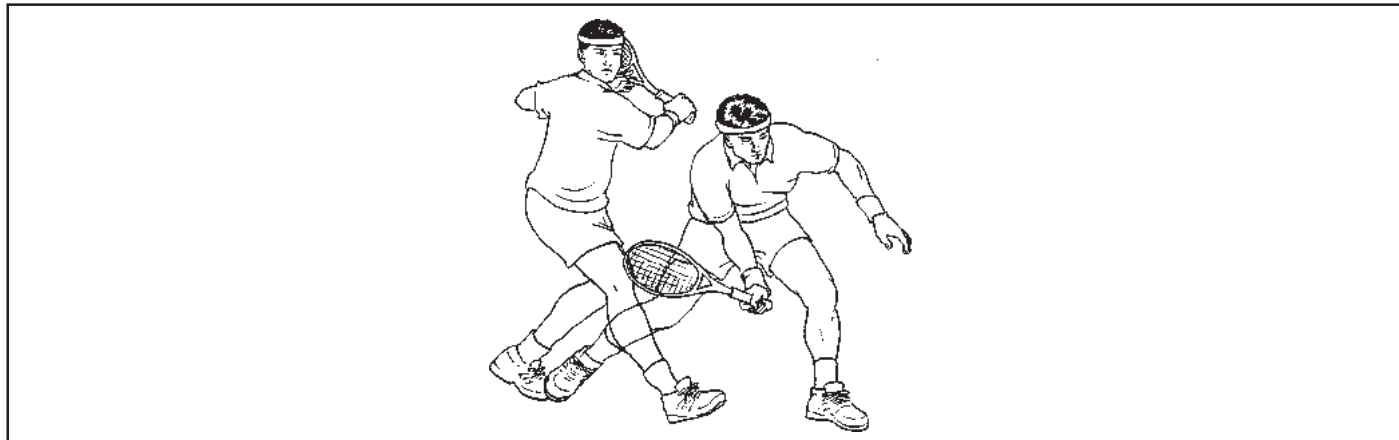
Your thoughts and actions are guided by your knowledge of what is right and what is wrong.

Self discipline also means having the determination to achieve the goals you set. A disciplined person is one who has developed the right values. These include the following:



**Strong Sense of Self-Worth**

A person who believes in her/himself has a feeling of self-worth. He/she believes that he/she can achieve her/his goals in life. Do you think that the girl singing has a strong sense of self-worth? Why do you think so?



**Determination**

A disciplined person is determined. He/She will do everything to reach his/her goals. A strong determination reveals self-discipline.



Patience

A disciplined person will do everything to achieve his/her goals. He/she is willing to bear all the hardships or difficulties he/she may meet.



## Let's Think About This

Do you believe that **punctuality** and **sacrifice** demonstrate self-discipline? To a disciplined individual, time is as valuable as gold. Was there ever a time when you were late for an important meeting or appointment? What happened? Do you realize that by coming late you wasted the precious time of others? How would you feel if the person that you are waiting for arrives one or two hours late?

There are things that we must sacrifice to give way to the achievement of our goals. Make believe that you are a fisherman. You want to catch more fish because you plan to buy your own boat. You need to wake up early in order to catch more fish. This means that you need to go to sleep early. It so happened that it is your town fiesta. There is a



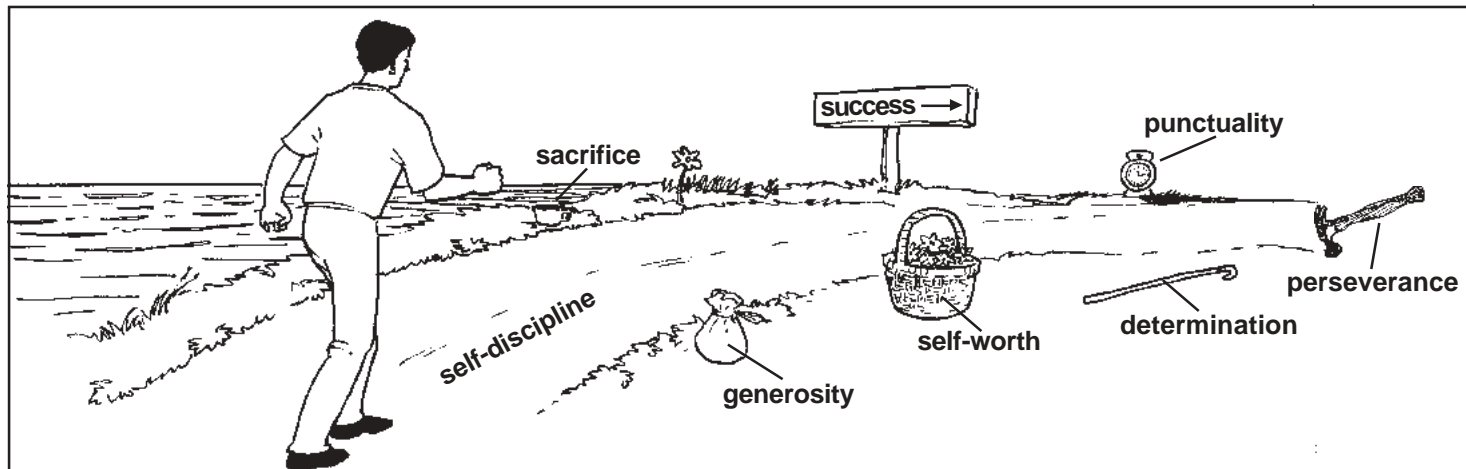
presentation in the plaza that will last till dawn. It will be fun to watch the presentation. Will you sacrifice this in order to buy your own boat? Having your own boat means that you will have a bigger income. Will this not make your life as a fisherman more comfortable?

If you say that you will skip the presentation so that you can go fishing, that's fine. You will make a sacrifice so that you can buy your own boat soon.



## Let's Try This

Jose wants to improve his life by developing self-discipline. Put a check before the values he must develop in the illustration.



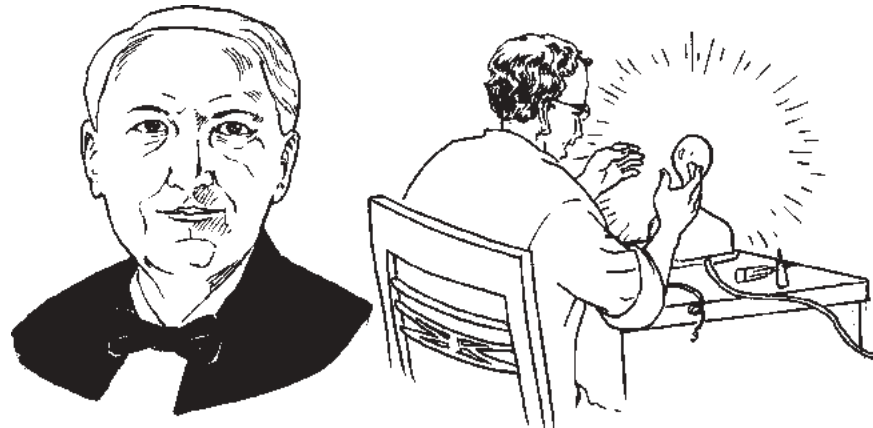
Compare your answers with those found in the *Answer Key* on page 40.

Let's continue reading about self-discipline. This time you are going to read a story about Thomas Edison.

Do you know who he is? Let's read his story to find out.



## Let's Study and Analyze



**Thomas Edison**

Thomas Edison is a great American inventor. One of his famous inventions, is the incandescent bulb. What would life be like without his invention? Do you know that this useful bulb is a product of hard work? It was invented in 1879 after two thousand attempts! Imagine that! Edison never gave up! He lived by the motto – try and try again until you succeed.

Many people considered Thomas Edison a genius or one who is extremely intelligent. When he was told that he was a genius, he said, “Genius is ninety-nine percent perspiration and one percent inspiration.”



## Let's Try This

1. What is an inventor?
2. What values did Edison demonstrate in inventing the incandescent bulb?
3. What did he mean when he said, "Genius is ninety-nine percent perspiration and one percent inspiration?"
4. What motto did Edison apply in his life as an inventor?

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Compare your answers with those found in the *Answer Key* on page 40.

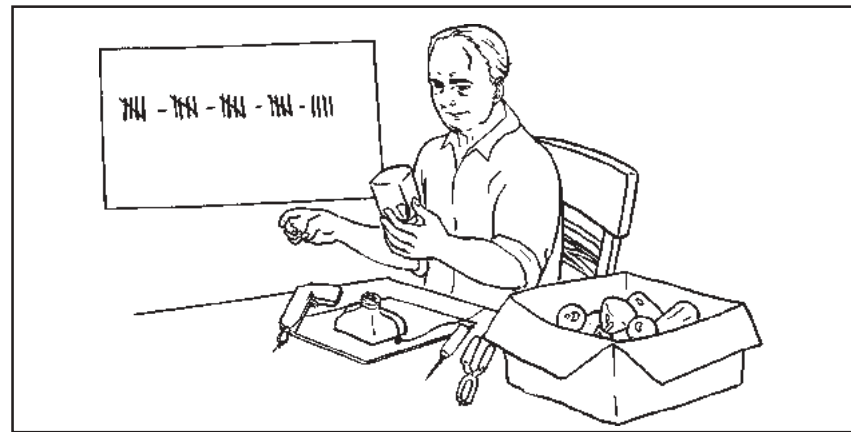
What are the characteristics of Thomas Edison that show him to be a disciplined person? Read our next section to find out.



## Let's Learn

One of the characteristics of Thomas Edison that make him successful was his sense of **hardwork**. This is reflected in his famous saying given earlier. He believed that in order to create something you really have to work hard for it.

He had talent and creativity, but what really made a difference was how he worked hard to achieve his goals. Another characteristic of Thomas Edison was his perseverance. **Perseverance** means never giving up despite several failures or difficulties. Remember the motto that he lived by? “Try and try again until you succeed.” It means that each time we fail, we should not feel hopeless or desperate. Instead we must try again. And always remember how Edison invented the incandescent bulb. He failed many times, but he never gave up until he was able to create the bulb. Imagine how our lives would be, if Edison gave up the idea of inventing the bulb.



**Hardwork and Perseverance**

You are now done with Lesson 1. Before we proceed to the next Lesson, answer the following questions to find out how much you have learned in this lesson.



## Let's See What You Have Learned.

Match the items in column A with the items in column B. Write the letter of your choice in the blank space provided.

- |                             |  |
|-----------------------------|--|
| _____ 1. Perseverance       | a. Thomas Edison   |
| _____ 2. Hard work          | b. "Try and try again until you succeed"                                   |
| _____ 3. Determination      | c. basketball  |
| _____ 4. Self-discipline    | d. willing to bear all the hardships                                       |
| _____ 5. Punctuality        | e. comes to appointments on time   |
| _____ 6. Julius Erving      | f. willing to do anything to achieve goals.                                |
| _____ 7. Inventor           | g. giving up something to achieve one's goal                               |
| _____ 8. Sense of Sacrifice | h. belief in oneself   |
| _____ 9. Self worth         | i. "Genius is 99 percent perspiration and one percent inspiration"         |
| _____ 10. Patience          | j. doing something that you believe to be the right and proper thing to do |

Compare your answers with those found in the *Answer Key* on page 41.



## Let's Remember

Self-discipline is doing something because you believe it is the right and proper thing to do. The values of self-discipline include:

- ◆ Determination
- ◆ Perseverance
- ◆ Patience
- ◆ Sense of hardwork and industry
- ◆ Strong sense of self-worth
- ◆ Sense of sacrifice
- ◆ Punctuality

### Reach For the Stars



The achievement of anything of value requires discipline. It is the key to success. With self-discipline you can accomplish anything! Without it, nothing worthwhile or lasting can be achieved.

In lesson 1, you saw how Dr. J and Thomas Edison made a difference in their lives and in the lives of many people through self-discipline. In this lesson, you will learn how to achieve your own goals by developing the values that relate to self-discipline.



## Let's Try This

Do you have a goal that you want to achieve? What is your goal? If you don't have a goal right now, try this exercise. Pretend that you have been granted three wishes. You have to make three personal wishes for something you want (don't ask for world peace or equality, it should be personal). Think long and hard because you only have to give three. Write these three wishes on the space provided below.

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Now, out of these three wishes, which is the one you want the most? This will be your goal. Write it in the space at the bottom.

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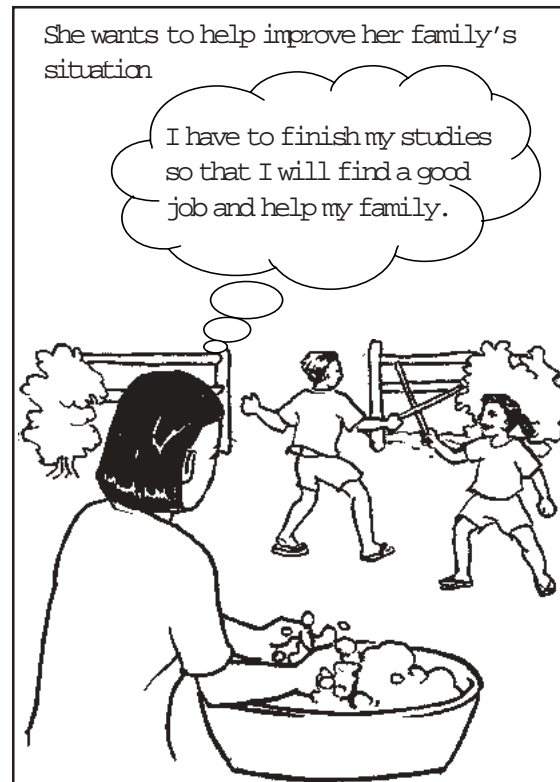
Compare your answers with those found in the *Answer Key* on page 42.





## Let's Study and Analyze

Read the story of Soraya. Then answer the questions given below.



She asked her friend for advice.

I really want to finish my studies. But how? My parents have a hard time supporting my education.

Then why don't you work while studying, just like what I'm doing?

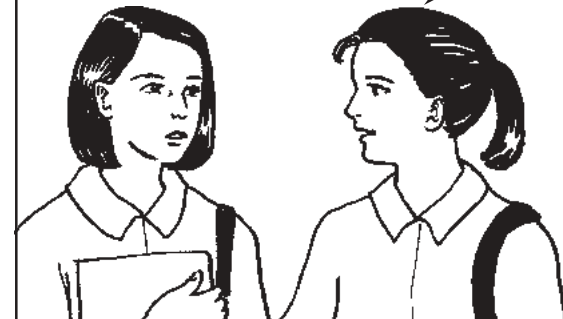


During the day, I go to school. After my class, I go to work in a restaurant.



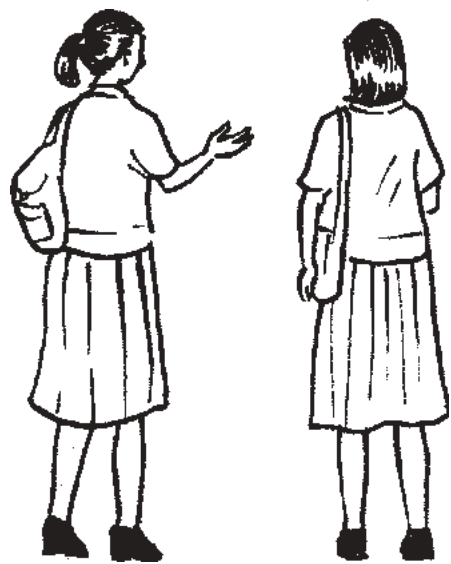
Isn't that hard?

Yes, it's really hard to find time for both my work and studies. Sometimes, I feel sleepy during my class because I'm still tired from working at the restaurant. But because of my job, I'm able to support my studies and also help my parents.



If you want, I can help you get a job in the restaurant where I am working.

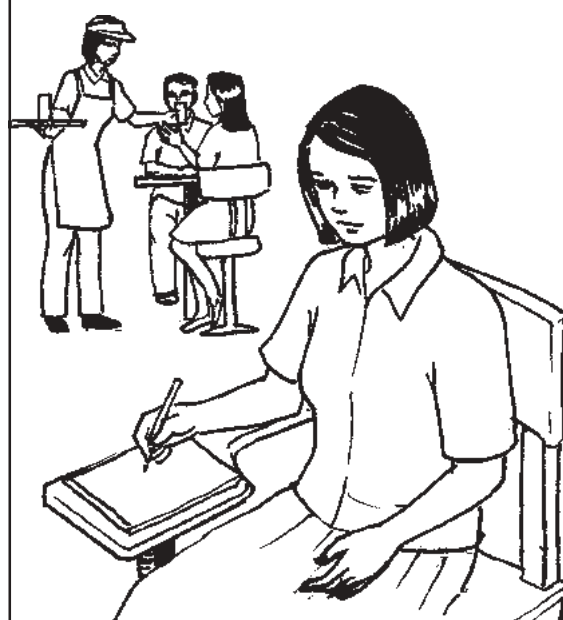
Thank you. But let me think about it first.



Soraya thought about what her friend said. She then made a plan. She will work at the restaurant during afternoons. She also told her parents of her plans. They agreed, but made her promise not to disregard her studies.



It was really hard to work and study at the same time. There were times when she felt so tired that she wanted to be absent from her class. But she was determined to finish her studies.



With determination, perseverance, hardwork and patience, Soraya was able to finish her studies.



After finishing her studies, she was able to find a job in a big company. Showing the same amount of determination, perseverance, hardwork and patience, Soraya became successful in her job.



At present, her family is living a comfortable life. She is also supporting her two younger brother and sister in their education.





## Let's Try This

1. What was Soraya's goal?
2. Was she able to achieve it? How?
3. What values helped her achieve her goal?

Think about your answers to these questions. Your instructional manager or facilitator will discuss your answers with you.



## Let's Learn

You too can achieve your goals if you have self-discipline. Here are steps that you can follow in achieving your goals:

1. Set yourself a goal.

Setting a goal is very important in achieving a successful life. Without any goals, your life will have no direction.

2. Make a plan.

Plan activities that will help you achieve your goals. What are the things that you have right now that you can use? Who can help you?

3. Practice the values of self-discipline in your everyday life and experiences.

Be determined and work hard to make your plans happen. A project or task is easier to accomplish if you have the determination to do it.

Persevere despite the failures that you meet. Try and try again until you succeed.

Be patient. Don't rush things. The feeling of achievement is best felt when you know that you have done your best.

Always be punctual. Time is important.

Sacrifice immediate happiness for bigger rewards. If you need to sacrifice going to the *sabungan* or watching movies to achieve your goal, then do so.



## **Let's Think About This**

Think of the time that you practised perseverance, patience, punctuality and determination. What was the situation or occasion? Was it a task or job that you had to perform? What happened? Were you able to do the job or task because of these values? There are situations in our everyday life where we could and should practice self-discipline. Read our next section to learn more about this.

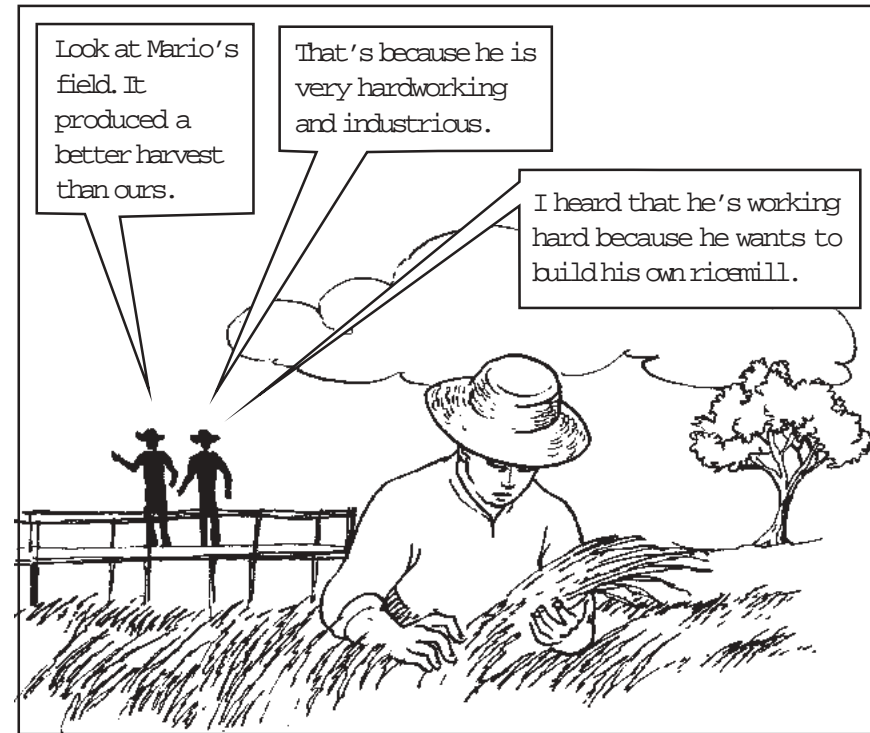


## Let's Study and Analyze

Here are examples of everyday situations and experiences where self-discipline should be practised. Read each comic strip. Based on each comic strip, can you make a good rule to follow? The first is done for you:



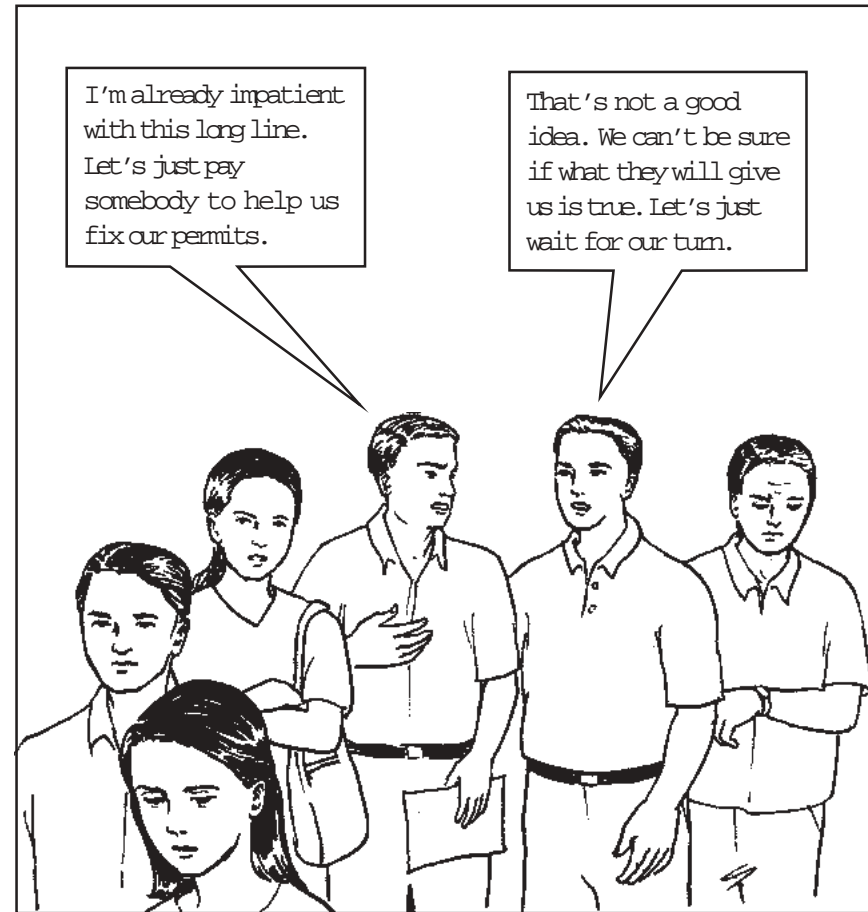
1. \_\_\_\_\_



2. \_\_\_\_\_

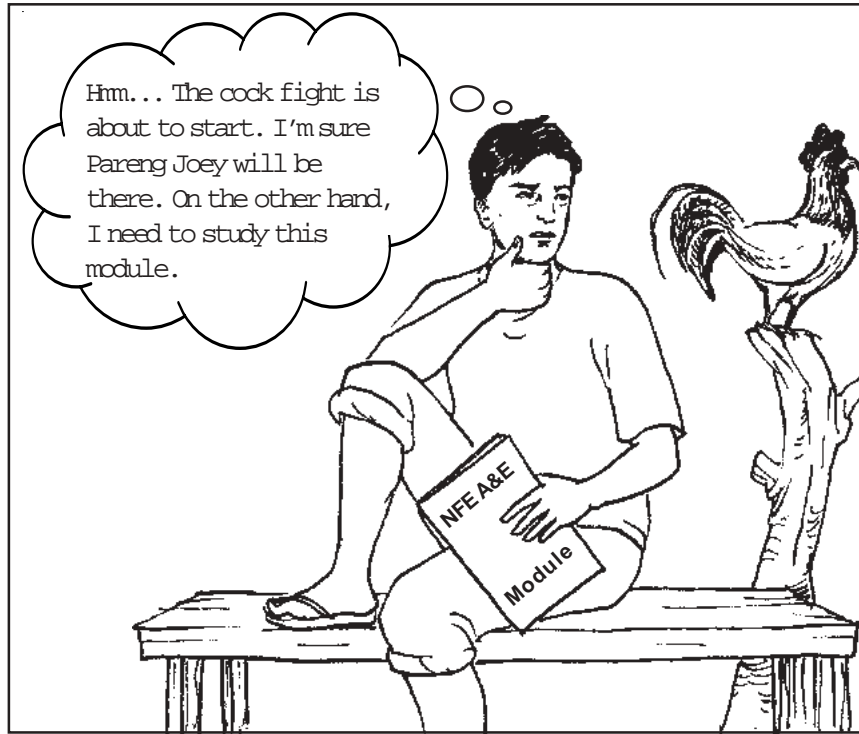


3. \_\_\_\_\_

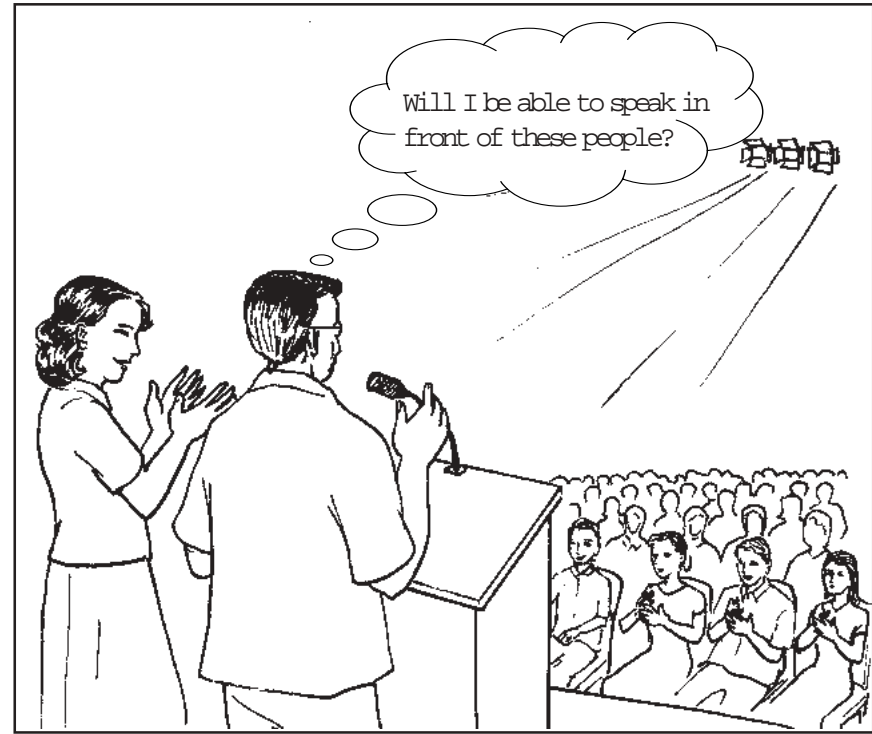


4. \_\_\_\_\_





5. \_\_\_\_\_



6. \_\_\_\_\_

Compare your answers with those in the *Answer Key* on page 42.



## Let's See What You Have Learned

How well do you understand what you have read? Answer the following questions. Write A if you agree with the statement and D if you disagree. Write your answers on the box given below.

- 1. You will be able to finish an assignment or task easily if you have the determination to do it.
- 2. Opportunities can be lost because of lack of punctuality.
- 3. Belief in oneself is important in achieving success.
- 4. You have a sense of achievement or a feeling of satisfaction when you have done your best in your work.
- 5. You must practise the values of self-discipline only on important occasions.
- 6. You must give up on your goal if you are experiencing too many difficulties.
- 7. You can achieve anything that you want if you have self-discipline.
- 8. Before you could plan your activities, you must first set a goal.
- 9. Planning your activities gives direction to your life.
- 10. It is better to take shortcuts or take the easiest way to achieve your goal.

Compare your answers with those found in the *Answer Key* on page 43.

How well did you do? If you got a perfect score, congratulations! You are ready to proceed to our next lesson.

If your score is 8 or 9, very good! Just go back to the difficult points you have encountered in this lesson.

But if your score is 7 or below, you must study the whole module again so you would understand it better.



## Let's Remember

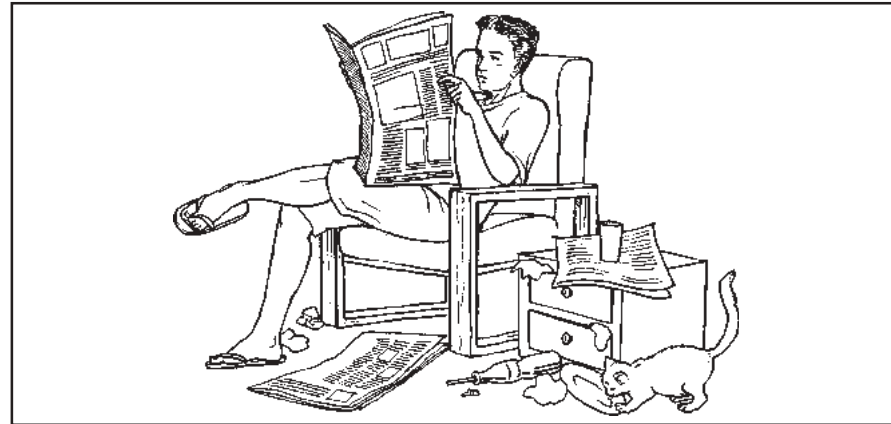
You can make your dreams come true if you follow these steps:

- ◆ set yourself a goal;
- ◆ plan how you will achieve this goal; and
- ◆ apply the values of self-discipline in achieving your goals.

Self-discipline can and should be practised in everyday activities such as, performing your job, lining up for government permits, fixing the roof, working on the farm, addressing people and studying this module.

## LESSON 3

### Alex Mañana



#### Let's Read

Alex Mañana is a young man looking for a job in the city. His relatives advised him to buy a newspaper and look for job openings in it. He decided to wait for the Sunday issue. When Sunday came, he found a job opening. It required him to write a letter of application and attach his ID picture and his bio-data. He couldn't find a studio in his community. So he decided to wait till the next day to have his picture taken. He then looked for bond paper and a typewriter. He found sheets of bond paper, but couldn't find any typewriter. He decided to wait till the next day to look for a typewriter. To make the story short, it took him three weeks before he could mail his first letter of application. He waited for a month for the reply to his letter. Then he decided to write another letter of application. He did nothing but wait for an answer to his letter.

A year has passed and Alex Mañana is still jobless.



## Let's Try This

1. How long did it take Alex to write his first letter of application?
2. Why did it take that long? What do you call this bad habit?

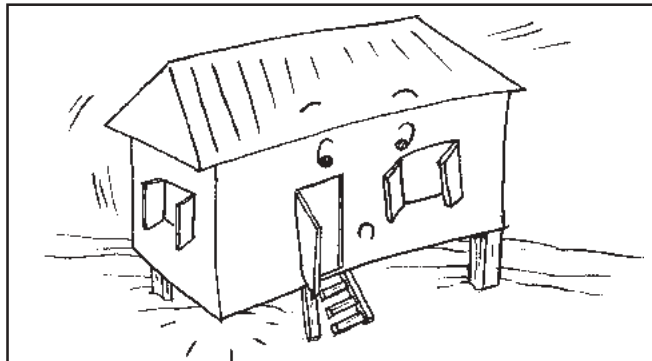
Read on to find out the word for it.



## Let's Learn

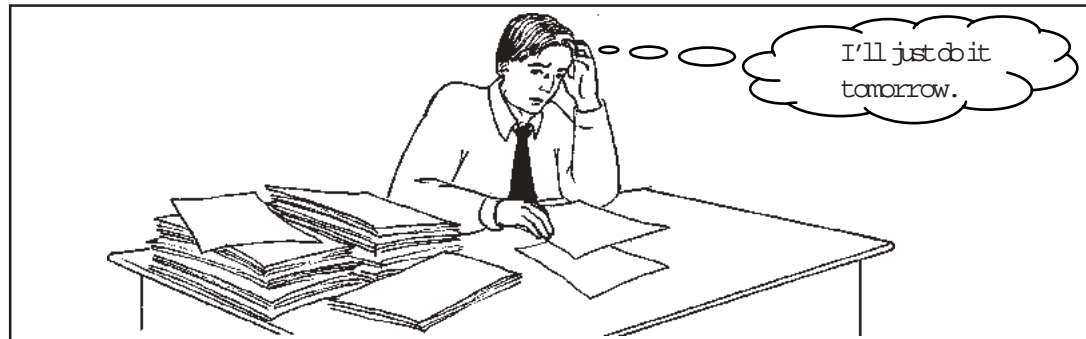
Alex's bad habit is **procrastination**. It means putting off for tomorrow what one can do today. It is an example of a habit that has bad effects. One who procrastinates does not have self-discipline. Self-discipline is important not only in achieving our goals but most especially in improving our lives.

Consider the process of building a house. You need to look after many things such as, the foundation, the roofing, the electrical connections and others. If one of these is not done well, the house will not be strong and beautiful.



The same is true with people. Our thoughts and actions must reflect self discipline in order to be happy and have a more stable life. There are negative habits that we must break? One such habit is procrastination.

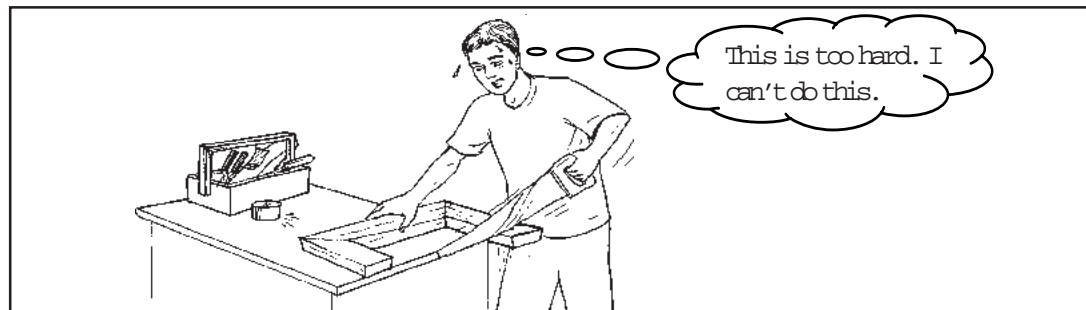
### **Procrastination**



**“Don’t put off till tomorrow the things that you can do today”**

When you procrastinate, you just delay work that must be done. Your work will just pile up and will be more difficult to do. You also waste time and may miss certain opportunities.

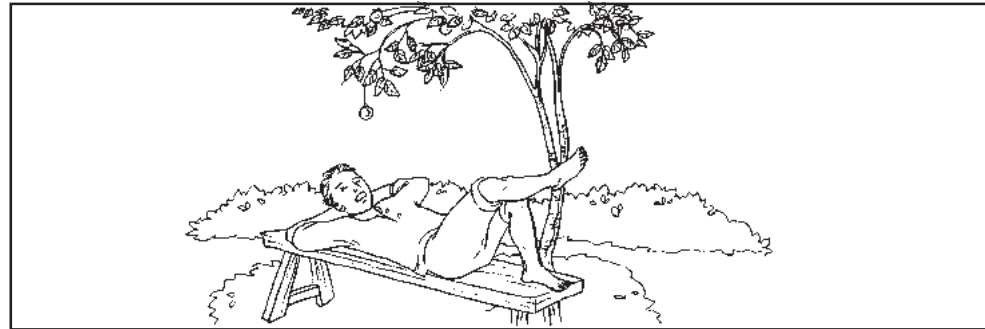
### **Lack of perseverance**



**“Don’t give up! Try and try again until you succeed”**

Trials and failures make us wiser and stronger. Never give up in the face of difficulties and hardships. Always remember the perseverance of Thomas Edison in inventing the incandescent bulb.

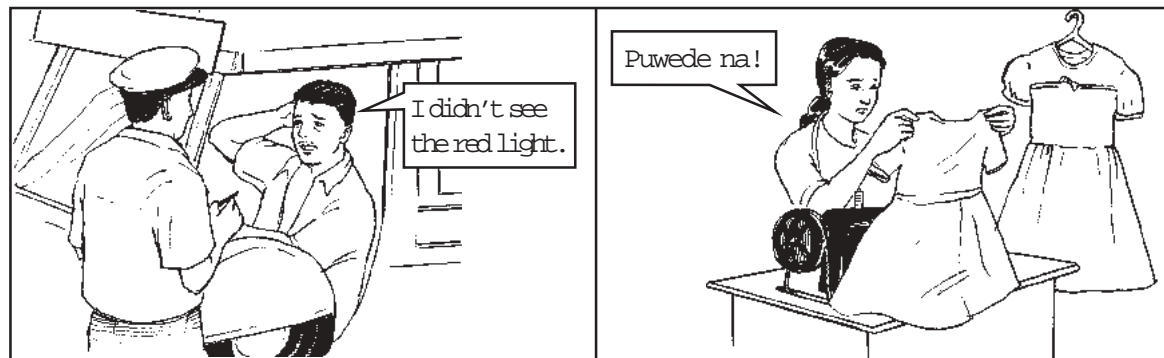
### Laziness



“Genius is one percent inspiration and ninety-nine percent perspiration.”

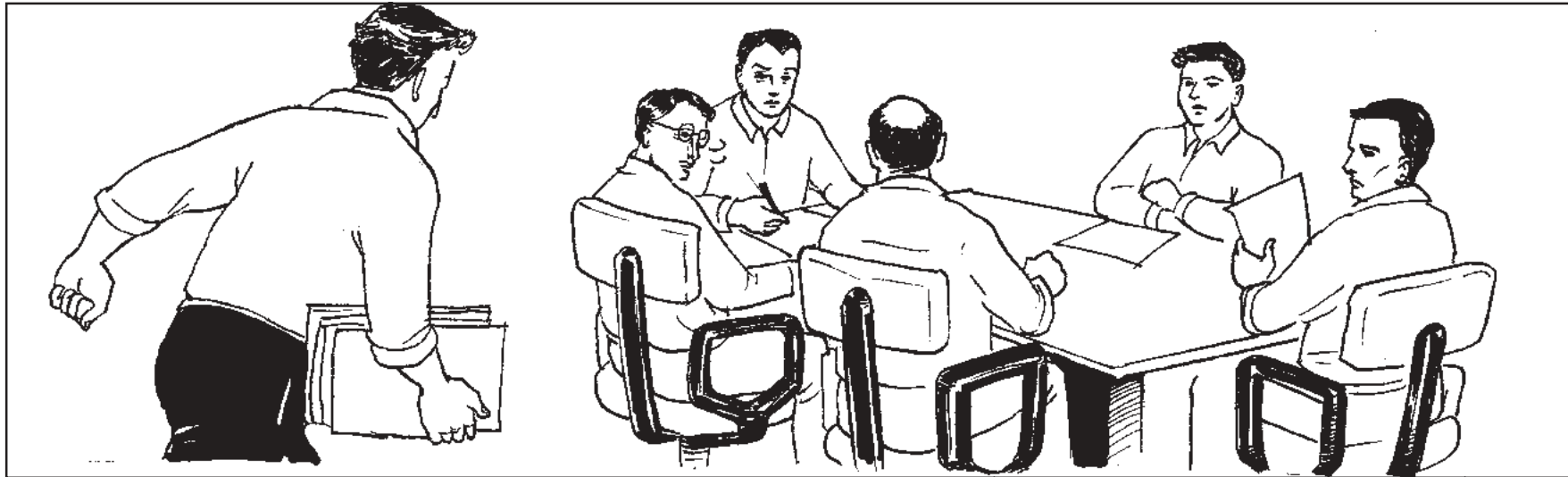
Success is the product of hard work. Don't expect things to happen for you. Don't be like Juan Tamad waiting for the guava to fall from the tree into his mouth. Make it happen!

### Impatience



We are often impatient. We are unable to delay our feeling of fulfillment. We want to immediately experience success. We do not mind if it brings only short-lasting happiness. This results in poorly done products as a result of the *pwede na* thinking and bending of rules or *palusot*.

### Tardiness



Time is gold

Many people think that the Filipino time is at least one hour late. We must change this, if we want to be truly successful. As what Thomas Edison used to say, “Time is really the only capital that any human beings has, and the one thing that he can’t afford to lose.



## Fatalism



A fatalistic person leaves his/her future to chance or fate. We Filipinos often practise this. This is shown in our expression *Bahala Na!* That is why we often do things without thinking of the consequences. Always remember that to have a successful life, we must set our goals and make plans on how to achieve these goals.

Lack of self-discipline often results in violation of laws or rules. It often brings about inefficient practices and wasteful work products. It also hinders us from achieving our goals and having a healthy and happy life. To manage negative tendencies, there is one thing that you can do. Practise the values of self-discipline and in your everyday life at home, at work and in the community.



## Let's Remember

If you want to reach your goals and have a happy life, manage your negative tendencies. Practise the different values of self-discipline. The negative tendencies or habits to change are

- ◆ procrastination
- ◆ laziness
- ◆ fatalism
- ◆ tardiness
- ◆ impatience
- ◆ lack of perseverance.



## What Have You Learned?

You are now done with this module. Answer the following questions to determine how much you have learned from it.

Answer the following questions. Write the letter of your answer in the blank space provided below.

1. The meaning of self-discipline is \_\_\_\_\_.
  - a. doing things because you believe they are the right and proper thing to do.
  - b. determination to achieve goals that you have set.
  - c. punishment for your wrong doings.
  - d. both a & b
  
2. The characteristics of a disciplined individual are \_\_\_\_\_.
  - a. hardworking and punctual
  - b. patient and persevering
  - c. determined
  - d. all of the above
  
3. To show his perseverance in doing his work, Thomas Edison lived by the motto \_\_\_\_\_.
  - a. “As a cure for worrying, work is better than whiskey”
  - b. “Try and try again until you succeed”
  - c. “Whatever the man creates, should be controlled by man’s character”
  - d. “Time is really the only capital that any human beings has”

4. Julius Erving (also known as Dr. J) showed \_\_\_\_\_ in achieving his goal of improving his family's situation in life.
- a. punctuality
  - b. sacrifice
  - c. determination
  - d. happiness
5. \_\_\_\_\_ means to continue or go on despite the failures or hardships.
- a. industry
  - b. sacrifice
  - c. perseverance
  - d. self-worth
6. A person has a strong sense of self-worth if he \_\_\_\_\_
- a. believes in himself.
  - b. is confident that he can achieve his goals.
  - c. is boastful of his achievements
  - d. both a and b
7. Negative tendencies and feelings that should be managed are \_\_\_\_\_
- a. laziness and impatience
  - b. procrastination and tardiness
  - c. lack of perseverance
  - d. all of the above

8. You must practice the values of self-discipline to \_\_\_\_\_
- a. manage your negative feelings and impulses
  - b. achieve your goals
  - c. have a healthy and happy life
  - d. all of the above
9. In order to make your dreams come true and for you to achieve your goals, you must \_\_\_\_\_
- a. set a goal for yourself
  - b. plan how to achieve your goal
  - c. practise values of self-discipline in your activities
  - d. all of the above
10. A person who values time by always coming on time for appointments is demonstrating the value of \_\_\_\_\_
- a. punctuality
  - b. patience
  - c. perseverance
  - d. none of the above

Compare your answers with those in the *Answer Key* on page 44.

If you got perfect score, congratulations! You are more than ready to move on to the next module.

If your score is 8 or 9, very good! Just review the difficult points you encountered in this module

However, if your score is 7 or below, you need to study the whole module again in order to gain better understanding. But don't despair! Remember that perseverance will help you achieve your goals.



## Let's Sum Up

A goal is an object or end situation that we want to achieve. We can achieve our goals if we have **self-discipline**. **Self-discipline** is doing something you believe is the right and proper thing to do. It also means having the determination to achieve the goals that you have set. Aside from achieving our goals, we can attain success and have a happy life if we practise the values of self-discipline. We can also practise self-discipline in managing negative tendencies that hinder success.



## Answer Key

### A. Lesson 1

*Let's See What You Already Know (page 2)*

Your answer must be similar to these:

1. T
2. T
3. T
4. T
5. T
6. T
7. F. The motto – “Try and try again until you succeed,” reflects the value of perseverance.
8. F. Patience means willingness to bear hardships and failures.
9. T
10. F. A person who has self-worth believes in himself. He/she can confidently speak to people.

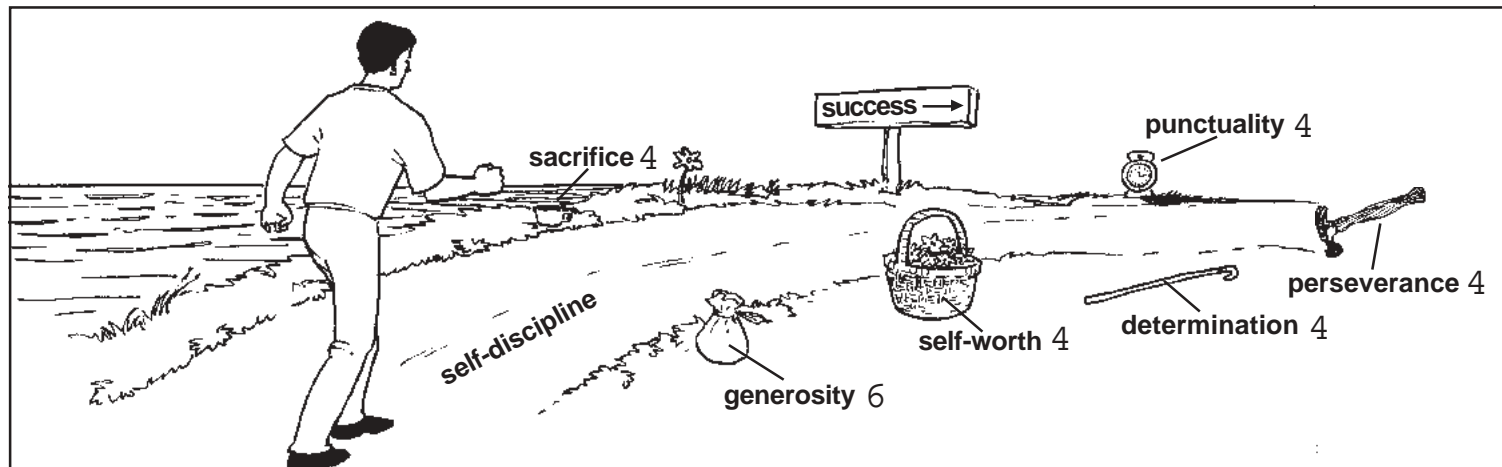
*Let's Try This (page 5)*

Your answer must be similar to these:

1. Julius Erving, who is also known as Dr. J, is a great basketball player.
2. Seeing that his family was poor, his goal was to improve their situation in life.
3. Yes. He was able to improve his family's situation.
4. Yes. He achieved his goals through the values of hard work and determination.

*Let's Try This (page 9)*

Compare your answers with this:





*Let's Try This (page 11)*

Your answers must be similar to this:

1. An inventor is a person who creates useful products and devices.
2. Edison demonstrated the values of hard work and perseverance.

For questions 3 and 4, compare your answers with the next section (Let's Learn).

*Let's See What You Have Learned (page 13)*

1. b
2. i
3. f
4. j
5. e
6. c
7. a
8. g
9. h
10. d

## **B. Lesson 2**

*Let's Try This (page 16)*

Each learner is expected to give different answers. Here is a possible answer:

Three wishes –

1. To finish studying this module.
2. To receive a certificate of equivalency from NFE A and E.
3. To find a good job and help provide for my family.

Among these three wishes, what I really want most is - to find a good job and help provide for my family.

*Let's Study and Analyze (pages 23–25)*

1. Always be on time
2. Work hard for your goals
3. Show determination in doing your task
4. Be patient. Wait for your turn
5. Sacrifice short-lasting happiness for bigger and long-lasting rewards.
6. Believe in yourself

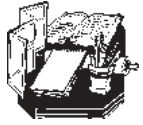
*Let's See What You Have Learned (page 26)*

1. A
2. A
3. A
4. A
5. D. The values of self-discipline can be applied in your everyday life and experiences.
6. D. The value of perseverance teaches us never to give up.
7. A
8. A
9. A
10. D. Hard work, patience and perseverance are the keys for achieving long lasting success in your goals.

### C. Lesson 3

*What Have You Learned? (pages 35–37)*

- |      |       |
|------|-------|
| 1. d | 6. d  |
| 2. d | 7. d  |
| 3. b | 8. d  |
| 4. d | 9. d  |
| 5. c | 10. a |



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