

Week 9 - Disciplined

Day 2

Screw the Braces

David Lofchick was born with a disease that forced his parents to put braces on him at night when he slept. His parents wanted David to have the same opportunities in life that healthy children had. This desire was translated into the actions of putting these braces on and screwing them on tight. Many a night, young David, not knowing what they were doing was best for him later in life, would plead with them to not put the braces on or not to screw them on tight.

Bernie Lofchick would have given almost anything to comply with the boy's pleadings, but his love was so deep that he said no to the tears of today, which meant he was saying yes to his health and happiness in the future. Bernie said it was a different set of tears, those of joy, when David walked without a limp at his Bar Mitzvah. Can you imagine the pain if Bernie had pushed the boy down the aisle in a wheelchair and David would have looked up and asked, "Why didn't you screw the braces on tight?"

The bottom line is to be mentally and physically tough enough to do what you need to do to be successful.

The young boy did it so he was able to walk. Why must you do it?

Why not "screw the braces"?

What will it take for you to "screw the braces" academically? Personally?

How do you "screw the braces" with food? Tobacco? Alcohol? Drugs?

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Day 3

Pain of Discipline/Pain of Regret

Separation happens at retirement. One out of 100 people 65 years old are financially independent. They do not depend on family or government to have a quality life. They separate from the 99 who must depend on family or government. The #1 employer for the 99 is Wal-Mart. Separation is determined by preparation. The one prepared by saving and investing money. The 99 spent every penny they made. The one had the "Pain of Discipline", disciplining himself to forego some momentary pleasures in order to have the means to enjoy a quality life. The 99 have the "Pain of Regret". At 65, they regret not disciplining themselves while they had the opportunity.

Preparation determines separation. We either separate positively (pain of discipline) or we separate negatively (pain of regret).

Consider:

In the workplace, some separate positively (promotion) using self-discipline or they separate negatively (demotion or losing job) usually blaming others but always with the "pain of regret". The key is the preparation.

Academics are the same. When people walk in to be tested, they will experience either the "pain of discipline or the pain of regret". If they have disciplined themselves to study and prepare, they are excited about the opportunity to show what they have learned. If they have not disciplined themselves to study, they experience the "pain of regret."

In athletics, many players cry at the end of the season because they did not reach their goals. This would be "pain of regret." Many players cry in the off-season because of the pain they are experiencing, either because of the intensity of the physical workouts or because of all the leisure time activities they are missing in order to achieve their season goals. This would be the "pain of discipline."

Describe when in your life you have experienced the "pain of regret."

Describe when in your life you have experienced the "pain of discipline."

Week 9 – Disciplined Day 4

Results or Sympathy?

I was born and raised in a small town in Oklahoma. My dad was a truck driver. He drove an 18-wheeler and was gone a great deal of the time I was growing up. In order to make money, he had to be on the road. There were 6 boys in my family, so he had to work hard to make enough money to feed and clothe us. Because of his time away, my mom did a lot of our raising. Her parents were killed when she was 13 years old; nevertheless, she never once complained about the cards she was dealt. She was the most intelligent, happiest, most positive person I have ever known. I learned more life lessons from her than any person I have known.

When I was in high school, I went home one day complaining about the football coach. I was telling her how “stupid” he was and how he played favorites. I knew this for a fact because I was not going to get to play tomorrow night in the game. I was thinking about quitting. She listened to every word. When I finished, she said, “Come here and put your head on my shoulder and I will give you some sympathy.” Boy! Did I blow up!!! “I don’t want your sympathy,” I told her in no uncertain terms. Very calmly she said, “Yes, you do. You wouldn’t be telling me this if you did not want any sympathy because sympathy is all I can give. If you want results, you would be a man and talk to the coach. Find out why you aren’t playing and then do something about it.”

Do you know who you can go to if you want sympathy? Why?

Do you know who you can go to if you want results? Why?

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Day 5

Evaluate Your Week

We've been focused on "Disciplined" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Disciplined" this week.

Of the three stories, "Screw the Braces", "Pain of Discipline/Pain of Regret", "Results or Sympathy", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____