



The Virtue of Self-Discipline

Self-discipline means self-control.

It is doing what you really want to do, rather than being tossed around by your feelings like a leaf in the wind. You act instead of react. You get things done in an orderly and efficient way. With self-discipline, you take charge of yourself.

You are practicing Self-Discipline when you:

Use detachment so your emotions won't control you

Speak and act calmly when you are hurt or angry

Create routines that bring peace and order to your day

Practice moderation

Do what is expected without anyone watching over you

Do things on time

Affirmation

I have self-discipline. I use my time well and get things done.

I choose my actions with detachment.

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