

Self-Discipline Vocabulary

discipline [training to act according to rules]

self-discipline [acting according to how you *think* rather than how you *feel* in the moment]

delayed gratification [to put off immediate reward to pursue a longer term goal]

impulse control [the ability to think before acting]

goal [the end point to which efforts are directed]

willpower [the ability to begin or continue on a plan or course of action]

self-control [restraint of oneself or ones actions, ie. anger]

perseverance [sticking to the task that needs to be done, even if we want to quit; putting forth maximum effort to do the best you can]

patience [ability or willingness to suppress restlessness or annoyance when confronted with delay]

integrity [knowing and doing what's right, be true to yourself and others]

persistence [continuing without change for a long period]

self-motivation [ability to start or continue a task or activity without another's prodding or supervision]

self-talk [anything said to oneself for encouragement or motivation; a person's internal mental conversations]

self-denial [restraining one's own wants or desires]

commitment [determination to get something done, or loyalty to a person or thing]



