



“With self-discipline all things are possible. Without it, even the simplest goal can seem like the impossible dream.”

— Theodore Roosevelt

“Disciplining yourself to do what you know is right and important, although difficult, is the high road to pride, self-esteem, and personal satisfaction.”

— Brian Tracy

“He who conquers others is strong; he who conquers himself is mighty.”

— Lao-Tzu

“First we form habits, then they form us. Conquer your bad habits or they will conquer you.”

— Rob Gilbert

“Discipline is the bridge between goals and accomplishments.”

— Jim Rohn

“If we don't discipline ourselves, the world will do it for us.”

— William Feather

**“ We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort.” – Jesse Owens**

When examining the vital characteristics of great leaders and successful people, one characteristic seems to stand out above all the rest: self-discipline. Why? Because life is full of unforeseen challenges and problems on the path to success and achievement. To overcome these challenges, leaders must learn to demonstrate the four key ingredients to living a self-disciplined life, including self-control, motivation, persistence, and goal setting.

In a world where children have limited experience with delayed gratification and lives are saturated with messages of instant gratification from technology and advertisements, it is important, now more than ever, to teach the value of self-discipline. The frantic pace of family life and extremely busy daily schedules provide very few opportunities for people to think before they act. As a result, it is increasingly more important to develop the personal discipline to make sound decisions and take the responsibility to complete tasks. Having self-discipline means you control your actions: your actions do not control you. Just like your muscles can get stronger, so can your self-discipline with exercising and using your inner strength.

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## WHAT'S INSIDE

Special Events

The Qualities of Skillful Leadership


School Calendar

# Happy Birthday to:

Charles Whitworth-1st  
 Katelyn Patrick-3rd  
 Sharantz Green-6th  
 Jerry Juneau-8th  
 Logan Wilhite-14th  
 Cameron Davis-15th  
 Eric Clark-19th  
 Angelica Heflin-21st  
 Pamela Carino-22nd  
 Jace Gentry-23rd  
 Alex Rogers-27th  
 Caralynne Davis-29th  
 Christopher Thomas-30th

James Swanton-2nd  
 Justin Calimlim-4th  
 Katy Denton-7th  
 Noah Hudson-11th  
 Berry Eubanks-14th  
 Stephen Jennings-15th  
 Scott Morris-20th  
 Ben Sporysz-21st  
 Gabby Harris-22nd  
 Michael Pollitt-23rd  
 Anna Wheeler-28th  
 Ethan O'Brien-29th  
 Chandler Golden-30th

Hamzah Musa-3rd  
 Samantha Wall-5th  
 Dawson Hunt-7th  
 Halle Southerland-11th  
 Malachi Blake-15th  
 Brenton Badley-17th  
 Christian Calimlim-21st  
 Phillip Watson-22nd  
 Corbin Nixon-22nd  
 Ryan Hunter-26th  
 Brian Wheeler-28th  
 James Cox-29th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Girl Scout Demo Haughton 6:30	3	4	5	6 ITC #4 Last day of Summer Camp	7 Sign Up Saturday Demo
8	9	10	11 Bossier Parish 1st Day school	12	13 ITC #5	14  Mr. Berry BD
15	16	17	18 Caddo Parish 1st Day school	19 BBC Tonfa test	20 ITC #6	21 Back To school Carnival Bossier
← Forms and Vocabulary Stripe →						
22 Ms. Pam BD Mr. Phillip BD	23	24	25	26 BBC start bo	27 Buddy Day	28  ← Fall Lock-In →
29	30	31 Black Belt run				

# The Qualities of Skillful Leadership by Jim Rohn & John Maxwell

**If you** want to be a leader who attracts quality people, the key is to become a person of quality yourself. Leadership is the ability to attract someone to the gifts, skills and opportunities you offer as an owner, as a manager, as a parent. I call leadership the great challenge of life.

What's important in leadership is refining your skills. All great leaders keep working on themselves until they become effective. Here are some specifics:

1) Learn to be strong but not rude. It is an extra step you must take to become a powerful, capable leader with a wide range of reach. Some people mistake rudeness for strength. It's not even a good substitute.

2) Learn to be kind but not weak. We must not mistake kindness for weakness. Kindness isn't weak. Kindness is a certain type of strength. We must be kind enough to tell somebody the truth. We must be kind enough and considerate enough to lay it on the line. We must be kind enough to tell it like it is and not deal in delusion.

3) Learn to be bold but not a bully. It takes boldness to win the day. To build your influence, you've got to walk in front of your group. You've got to be willing to take the first arrow, tackle the first problem, discover the first sign of trouble.

4) You've got to learn to be humble, but not timid. You can't get to the high life by being timid. Some people mistake timidity for humility. Humility is almost a God-like word. A sense of awe. A sense of wonder. An awareness of the human soul and spirit. An understanding that there is something unique about the human drama versus the rest of life. Humility is a grasp of the distance between us and the stars, yet having the feeling that we're part of the stars. So humility is a virtue; but timidity is a disease. Timidity is an affliction. It can be cured, but it is a problem.

5) Be proud but not arrogant. It takes pride to win the day. It takes pride to build your ambition. It takes pride in community. It takes pride in cause, in accomplishment. But the key to becoming a good leader is being proud without being arrogant. In fact I believe the worst kind of arrogance is arrogance from ignorance. It's when you don't know that you don't know. Now that kind of arrogance is intolerable. If someone is smart and arrogant, we can tolerate that. But if someone is ignorant and arrogant, that's just too much to take.

6) Develop humor without folly. That's important for a leader. In leadership, we learn that it's okay to be witty, but not silly. It's okay to be fun, but not foolish.

Lastly, deal in realities. Deal in truth. Save yourself the agony. Just accept life like it is. Life is unique. Some people call it tragic, but I'd like to think it's unique. The whole drama of life is unique. It's fascinating. And I've found that the skills that work well for one leader may not work at all for another. But the fundamental skills of leadership can be adapted to work well for just about everyone: at work, in the community and at home.

# Self-discipline

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Here are some ways to strengthen your self-discipline:

1. When you come home from work or school, train yourself to complete needed tasks around the house before watching TV or playing video games
2. When you are mad or angry, stop and think about what you are going to say before saying things you might regret.
3. If you make a mess or get something dirty, clean it before you are asked.
4. Begin to make healthier choices when it comes to choosing snacks and food, regardless of cravings or wants.
5. Keep a journal and note your successes. This will help you stay motivated and on track.

6. Learn moderation. Sometimes, there is too much of a good thing. Recognize how having too much is having an effect on your life and begin to scale back.

7. Reward yourself when you stay on course or in control, despite difficulties or temptations.

These are only a few ways in which you can strengthen your self-discipline. Keep in mind, as a martial artist, you set an example for others to follow. Continue to make sure you are taking the steps to create a disciplined life so that you accomplish goals and influence others.

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