



DISCIPLINE Your key to success

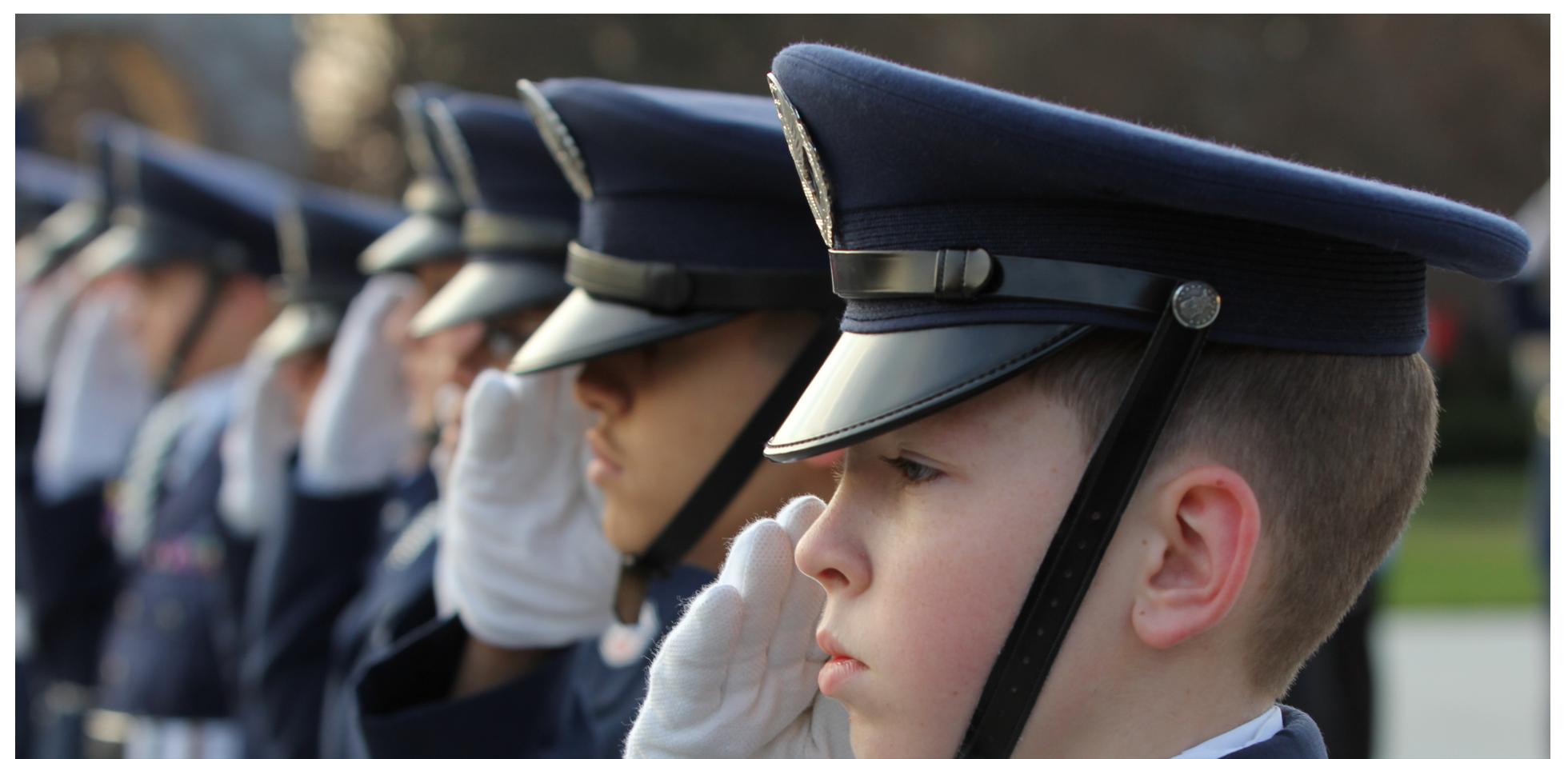


A young child with blonde hair, wearing a red zip-up hoodie with blue and grey horizontal stripes, is smiling broadly. The child is standing against a dark background. In the foreground, several large, soft marshmallows in white, pink, and yellow are visible. A semi-transparent grey banner is overlaid across the middle of the image, containing the text.

WILL *a* TODDLER
WAIT *to* EAT *the* CANDY?

A photograph of four young men in Air Force uniforms standing in a line. They are wearing blue short-sleeved shirts, dark blue ties, and dark blue caps. The man in the center-right is looking slightly to his right. The man in the center-left has his eyes closed. The man on the far left is looking forward. The man on the far right is partially visible and looking towards the center. A dark blue horizontal band with white text is overlaid across the middle of the image.

What is **SELF-DISCIPLINE?**



SELF-DISCIPLINE

The ability to direct your thoughts, emotions, and actions toward a meaningful purpose.

A close-up photograph of two Marines in camouflage uniforms. The Marine on the right is shouting with his mouth wide open, and the Marine on the left is wearing glasses and looking towards the shouting Marine. The background is a blurred outdoor setting.

YELL *to* BUILD DISCIPLINE?

COURT MARTIAL RATES

Navy	1.1
Air Force	2.2
Army	3.2
Marines	9.8



HOW CAN YOU INCREASE YOUR SELF-DISCIPLINE?

Starting Out

Working Toward the Goal

Staying on Track with Positive Reinforcement

Bouncing Back from Stumbles

Coping with Stress



DISCIPLINE:

IT'S THE
TOUGH
GUYS WHO
LEAD THE
SURVIVORS

GEN CURIS LEMAY