

Orangeburg County

~ JANUARY ~

"SELF DISCIPLINE"

*Community of
Character*

Definition: *self-control; the ability to
restrain one's negative impulses.*

One good practical reason
for controlling our
cravings is that if we grasp
for too much, we may end
up getting nothing at all!!
AESOP

Life is tons of
discipline.
Robert Frost

Only the man who can
impose discipline on
himself is fit to discipline
others or can impose
discipline on others.
William Feather

Be a hard master on
yourself and be lenient to
everybody else.
Henry Ward Beecher

If we don't discipline
ourselves the world will do
it for us.
William Feather

The most we can get out
of life is its discipline for
ourselves, and its
usefulness for others.
Tryon Edwards

Well-known psychoanalyst Bruno Bettelheim points
out that achievement requires this self-discipline;
subordinating immediate gratification (e.g., watching
TV instead of doing homework) to pursue future goals
(high marks, graduation, a good job).



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The Times and Democrat

For more information on the Orangeburg County Community of Character
initiative, please contact the Chamber at 803.534.6821 or go to the
Character Web Site www.occoc.com