



Module #5 of 10

*UK Extension's*  
**Universe of**  
**Possibilities™**

**TEACHING OUTLINE—THE FREEDOM OF SELF-DISCIPLINE**

***THIS IS A BRIEF TEACHING OUTLINE***  
***for the eight-page publication *The Freedom of Self-Discipline*, the fifth of 10 modules in the educational series titled *UK Extension's Universe of Possibilities™: Skills for Creating Happiness and Blessing Others*. The other educational modules in the series are listed on Page 8 of the publication. Before presenting this program, read and thoroughly study *The Freedom of Self-Discipline*.***

- ◆ Please present this program in a way that feels good to you and that best meets the unique needs of your group. As time permits, draw from some or all of the suggestions that follow.
- ◆ Start the session by asking group members to stand and take three long, deep, pleasant in-breaths and out-breaths. Follow this by leading participants in a big, slow stretch. Next, smile and, being respectful of the differing capabilities of those present, lead the group in a couple of simple, short, and very gentle physical exercises. Before having them sit down, invite participants to exchange shoulder massages.
- ◆ Encourage participants to share their responses to questions such as: *What does self-discipline have to do with creativity, with love, with joy? When a person can't control his or her anger, what problems might arise? What are some ways in which you would like to be more self-disciplined, and what do you think you could change to bring that about?*

- ◆ Drawing on Pages 2 and 3 of the publication, introduce your group to the Target of Life concept. Explain how staying centered on the Target of Life helps us to be more accepting and loving, to make wiser choices, and to follow our noble urges and dreams for the betterment of society.
- ◆ Use the introductory section on Page 4 to show participants that they already are self-disciplined.
- ◆ Discuss “The Little Way of Self-Discipline” on Page 4. Ask participants to give examples of how they might apply the eight principles.
- ◆ Spend time on the “Self-Discipline Process” on Page 5, as it is simple but powerful in its ability to change lives. Ask participants to think of some problem or issue in their lives, then give them time to follow Steps 1 and 2. Their own intuitive wisdom can lead them to an appropriate action for Step 3, which they can carry out on their own.
- ◆ Go over “More Self-Discipline Tips” on Page 6. Invite participants to share other tips. Encourage group discussion on ways to follow these tips.
- ◆ You'll find other great ways to involve your group in the concluding sections “Questions to Ponder and Discuss” and “Skill Builders.”
- ◆ It's important to give the members of your group an opportunity to create small, easy-to-manage personal action plans. Guidelines for doing this can be found on Page 7 under the heading “A New Possibility.” It's always a good idea to let participants share their action plans.
- ◆ Be sure to conclude with one or more of the “Positive Thoughts” on Page 7.