

By the time I was 10, I had my tennis goals written down and stuck on my bedroom wall. I was pretty competitive and I wanted to win some junior tennis tournaments. It takes a ton of practice to be any good. My dad was supposed to take me to the tennis courts one Saturday morning for some extra practice, but it was a windy and nasty day. After breakfast Dad said he'd load up the car and get ready to drive to the courts. I said, "Dad, I don't really feel like practicing today." He said, "I understand. I'll go get the car ready." I looked surprised and said again, "It's nasty out there, and I really don't feel like practicing." Again he said, "I know, you're right. I'll go get the car ready." By then I was really frustrated. "Dad! Don't you get it? I don't FEEL like it!" My dad stopped, looked at me and said, "It's perfectly fine that you don't feel like practicing, but what does that have to do with it? Let's do it anyway."

LEARNING OBJECTIVE:
Student will learn the meaning of self-discipline and list applications of it in their own life.

Now I'm thinking, "Why should I practice when I don't feel like it?" But before I could say it my dad said something I'll never forget: "It's possible for you to "not feel like it" all the way to a national championship, if you're willing to keep practicing, ESPECIALLY when you don't feel like it! Just DO IT ANYWAY."

Well at first I didn't like the sound of that, but I went to the courts that day and ended up having a great session, in spite of the lousy weather. By the time I got home I was feeling pretty good about myself and my effort. Okay, I know this sounds weird, but those three words my dad said - Do It Anyway - became my little secret weapon. I noticed that there were lots of times during the week when I didn't feel like doing something. I didn't feel like doing my homework, or loading the dishwasher, and I especially didn't feel like picking up my room. I was always looking for the easiest way to get by. But then I read somewhere that winners are people who are willing to do what others won't do, so they can have what others won't have.

So now whenever I have that feeling of "I don't feel like" - and I know it's something that's good for me - I just take a deep breath and say those three words - "Do it anyway", and I'm always glad I did. Guess that's why they call it SELF discipline. "Feeling like it" has nothing to do with it!

DISCUSSION:

Temptation to not perform the task at hand is everywhere! By practicing self-control, we can learn to strengthen it! Self-awareness, motivation, the right mindset and greater willpower can help us build better self-discipline, which benefits our success and long-term goals.

What does "just do it anyway" mean to you?

Motivation is key when we don't want to do something. What would you tell a friend who is suffering from low motivation? How would you encourage them to "just do it anyway!"?

14 Don't Feel Like It, Do It Anyway! Worksheet

Use the space below to reflect on doing the things you don't feel like doing.

1

What kind of life will a person have by doing only the things he/she feels like doing?

2

Describe two important activities that require your self-discipline and why you should “do it anyway.”