



**Keep Moving  
Movement**

[www.mykmm.org](http://www.mykmm.org)

## SESSION 7

**FREEDOM & DISCIPLINE**



# The Battle Between Desire for Freedom and Need for Discipline

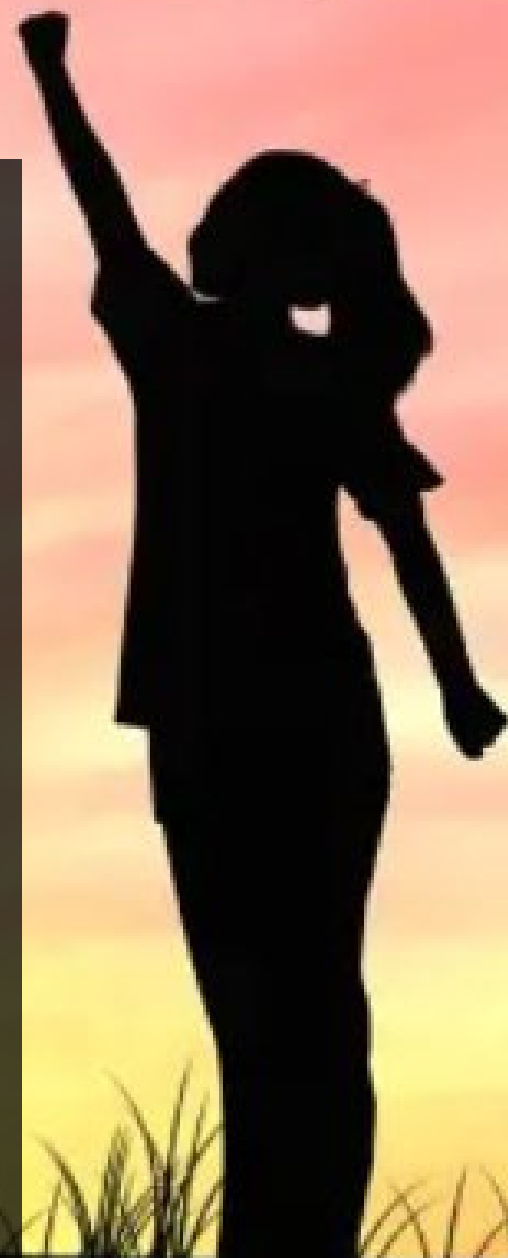
In your life did you have to struggle for freedom?

How was your experience with discipline?

## **INTERACTION**

What does freedom mean to the kids?

What does discipline mean to them?



# The Relationship Between **FREEDOM & DISCIPLINE**

## **FREEDOM**

Allows you to EXPLORE

Allows you to follow  
your PASSION

Allows us to THINK how  
BIG we want to be

Allows us to SET our  
GOALS

Allows us to DREAM

Allows us to CHOSE  
what we want

## **DISCIPLINE**

Enables you to SUCCEED

Allows you to BECOME  
TRULY GOOD at it

Helps us TO REACH there

Enables us to DO  
WHATEVER IT TAKES to  
reach there

Enables us to make our  
DREAMS a REALITY

Enables us to DEVELOP  
SKILLS and ACQUIRE  
KNOWLEDGE to make it  
happen

# 6 METAPHORS

What happens when there is a desire for **FREEDOM** without **DISCIPLINE**



# LACK OF DISCIPLINE

## Results in...

- D** - Delay Delay Delay
- R** - Reduced Freedom in Long Run
- I** - Inconsistency
- L** - Lack of Focus
- L** - Lost Potential



Balance between **FREEDOM** and **DISCIPLINE** leads to a wonderful life.

**H** - Healthy relationship

**I** - Improved time management

**D** - Design a life of your choice

**E** - Effective decision making

**G** - Greater productivity

**A** - Achieve desired goals

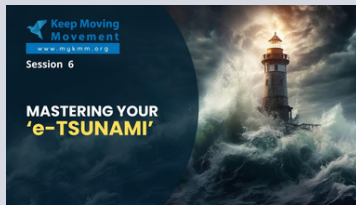
**P** - Personal growth

**S** - Self care



# BRAIN TATTOOS

Ask students to share one insight or key takeaway from the session.



# CALL TO ACTION

Encourage them to reflect on their own lives and find areas where they can strike a balance between freedom and discipline for personal growth.



# FAREWELL

Conclude the session on an encouraging note, reminding them that embracing both freedom and discipline will empower them to achieve their goals. Say an encouraging BYE to them. Share about how YOU grew through this class and KMM.

