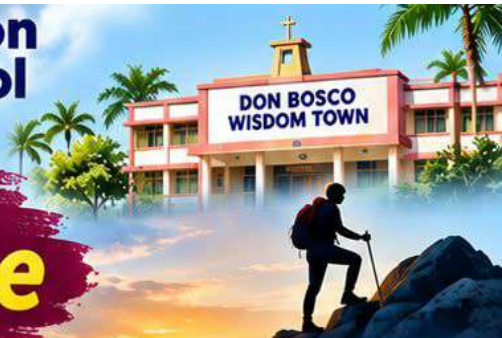
Don Bosco Matriculation Higher Secondary School

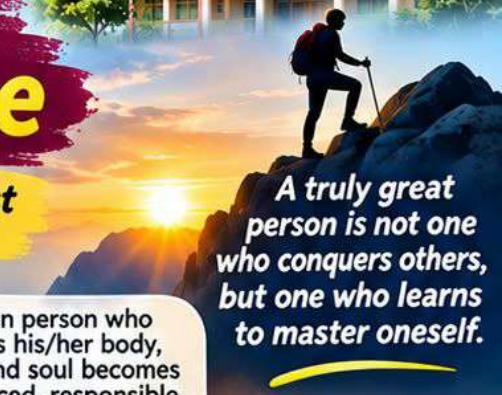
Wisdom Town, Red Hills, Chennai





The Power of Self-Discipline

"Self-mastery is one of the finest forms of mastery."



A truly great person is not one who conquers others, but one who learns to master oneself.

Self-discipline is the ability to understand ourselves, control our actions, regulate our thoughts and direct our lives towards what is good.

A human person who masters his/her body, mind and soul becomes a balanced, responsible and integrated person.

The Three Dimensions of Self-Discipline

Discipline of the BODY

Tune Your Body



- Wake up on time and maintain a regular routine.
- Eat healthy food.
- Exercise and keep fit.
- Avoid laziness and excessive screen time.
- Respect your body and use your energy for good.

A disciplined body gives us the energy to achieve our goals.

Discipline of the MIND

Tune Your Thoughts



- Think positively and nurture good thoughts.
- Concentrate on your studies and avoid distractions.
- Control anger, jealousy and negative thinking.
- Learn to pause before speaking or acting.

A disciplined mind helps us make wise decisions and become responsible persons.

Discipline of the SOUL

Tune Yourself Towards God



- Begin the day with prayer and gratitude.
- Listen to the voice of your conscience.
- Practise kindness, forgiveness and compassion.
- Make time for silence, reflection and prayer.

A disciplined soul helps us live with faith, love and purpose.



How Don Bosco School, Wisdom Town Helps You

Everything that happens here—classroom learning, games, activities, prayer, relationships and daily routines—helps you to:

- Discipline your body,
- Train your mind,
- Nurture your soul,

Our Goal

To help you grow into **healthy, happy, responsible** and integrated human beings, capable of making great achievements and contributing meaningfully to the world tomorrow.

Remember

- **Master your body** through healthy habits.
- **Master your mind** through good thoughts.
- **Master your soul** through prayer and goodness.



"Discipline is the bridge between our dreams and their achievement."

Fr John Christy SDB,
Rector and Correspondent