

## CEO's Message: November 2023

Self-discipline is a critical trait for creativity and academic rigour, especially in inclusive schools (like Indus). Self-discipline is the ability to control one's feelings and overcome one's weaknesses, along with the ability to be ethical in whatever we do, and exercise self-restraint. Discipline will help students to resist temptation, delay gratification, and also help them to connect at their comfort zone.

At Indus self-discipline and self-confidence in students is being built by:

- Having a higher purpose in life. At Indus we refer to it as *"Tikkun Olam"*.
- Setting clear goals with supporting plans.
- Setting a routine.
- Study habits.
- Avoiding distraction to improve focus.
- Delayed gratification.