



## What Is This Module About?

What do you want to do with your life? What are your goals and dreams? Do you know what you have to do to achieve your goals? What are the things that will help you achieve your goals?

In this module, you will learn how to identify your goals and the factors that will help you achieve them. You will also learn how self-discipline plays a major role in the achievement of one's goals.

This module is divided into two lessons:

Lesson 1 – *My Goals in life*

Lesson 2 – *I Am A Self-disciplined Person*



## What Will You Learn From This Module?

After studying this module, you should be able to:

- ◆ identify your goals in life;
- ◆ analyze different factors that make achieving your goals difficult;
- ◆ describe the importance of rewarding yourself for achieving your goals;
- ◆ define what self-discipline means in everyday life; and
- ◆ apply self- discipline in everyday life.



## Let's See What You Already Know

Take the simple test below to find out how much you already know about our topic. Encircle the letter of the best answer.

1. Mario and Maria want to get married. They realize they don't have enough money for a wedding. What should they do?
  - a. Ask their parents to spend for their wedding.
  - b. Borrow money from their relatives and friends.
  - c. Wait until they have saved enough money for their wedding.
  
2. Alice is the best dressmaker in her barrio. She rarely finishes her work on time because she is lazy. Her customers are slowly transferring to other dressmakers. What should she do?
  - a. Work harder so she would finish her work on time.
  - b. Get angry with the other dressmakers.
  - c. Promise her customers that she will do better.
  
3. Leo lines up to fill his container with water. What kind of person is Leo?
  - a. A lazy person
  - b. A disciplined person
  - c. An honest person

4. The traffic light was still red when Luis crossed the street. He tells himself, “So what? The policeman isn’t looking anyway.” What kind of person is Luis?
  - a. A good person
  - b. A happy person
  - c. An undisciplined person
5. Alma wants to be a cook but her job as a factory worker keeps her busy. What should she do?
  - a. She should forget about her dream of being a cook.
  - b. She should manage her time well so she could have time to learn how to cook.
  - c. Apply as a cook even if she does not have the necessary skills.
6. Elda wants to buy a new dress for herself but she only has enough money for her children’s school supplies. What should she do?
  - a. Buy her children’s school supplies and borrow money to buy the dress she wanted.
  - b. Wait until she has saved enough money before buying the dress.
  - c. Use the money for her children’s school supplies to buy the dress.
7. Mario wants to play basketball with his friends. His mother asked him not to leave the house until she gets back. What should he do?
  - a. Wait until his mother gets back before playing with his friends.
  - b. Ask the neighbors to look after their house so he could play with his friends.
  - c. Leave the house and let the dog watch over it.

8. Nilda's mother wants her to accept more sewing jobs to increase her income. She knows that she wouldn't be able to finish the sewing jobs in time. What should she do?
  - a. She should accept additional sewing jobs.
  - b. She should finish her present sewing jobs quickly even if they are of poor quality.
  - c. She should not accept additional sewing jobs until she's sure she can finish them in time.
9. Anita is about to throw her banana peeling on the sidewalk when she sees the sign "No Littering." What should she do?
  - a. Look for the nearest garbage can instead of littering on the sidewalk
  - b. Throw the banana peeling on the sidewalk when no one is looking
  - c. Throw the banana peeling in the river
10. Emong is about to go out with his friends when he sees running water from a broken pipe near his home. What should he do?
  - a. Report the broken pipe to a barangay official so water would not be wasted
  - b. Pretend he did not see the broken pipe and continue on his way
  - c. Try to fix the broken pipe even if he does not know how

Well, how was it? Do you think you fared well? Compare your answers with those in the *Answer Key* on page 35.

If all your answers are correct, very good! This shows that you already know much about the topics in this module. You may still study the module to review what you already know. Who knows, you might learn a few more new things as well.

If you got a low score, don't feel bad. This means that this module is for you. It will help you understand important concepts that you can apply in your daily life. If you study this module carefully, you will learn the answers to all the items in the test and a lot more! Are you ready?

You may now go to the next page to begin Lesson 1.

## My Goals in Life

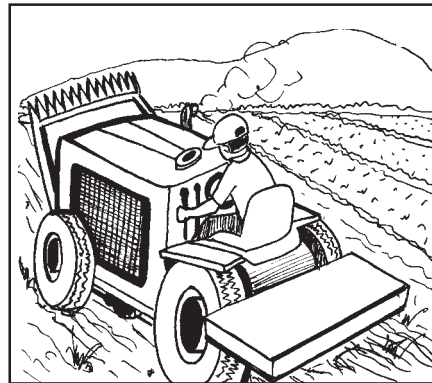


### Let's Read

### I Want To Be



I want to be a dressmaker  
and sew beautiful dresses  
I'll make them look so pretty  
for lovely girls and maidens



I want to be a farmer  
and plant rice and corn and wheat  
My crops will be healthy and nutritious  
for all the people can eat



I want to be shoemaker  
and make strong and nice shoes  
To protect people's feet  
from being blistered and bruised



I want to be a carpenter  
and build a house, maybe large  
or small  
The harsh water will never win  
against its strong roof and walls



## Let's Try This

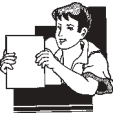
What about you, what do you want to be? Do you want to be any of those mentioned in the poem? You may write your answer below.

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Compare your answer with the sample answer given in the *Answer Key* on page 35.

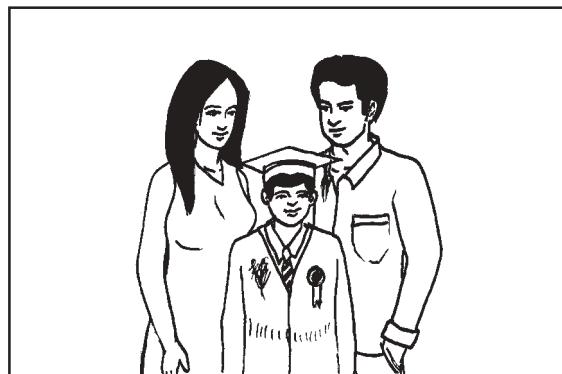


## Let's Learn

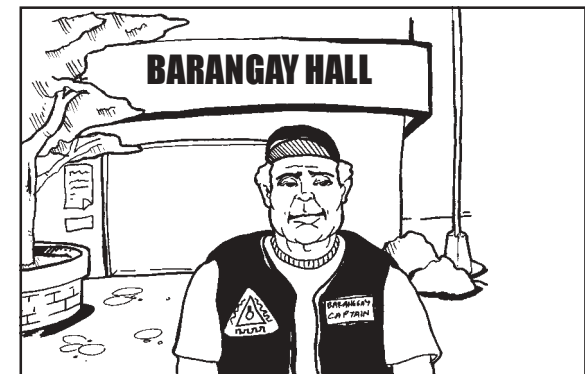
Each person has goals in life. Below are some of the things a person wants to do in his life. Look at the pictures carefully.



own a beauty parlor



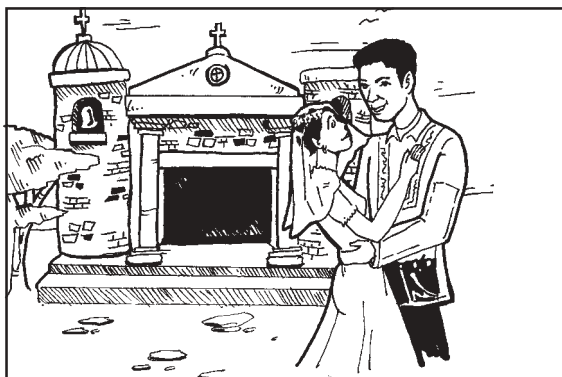
put children in school



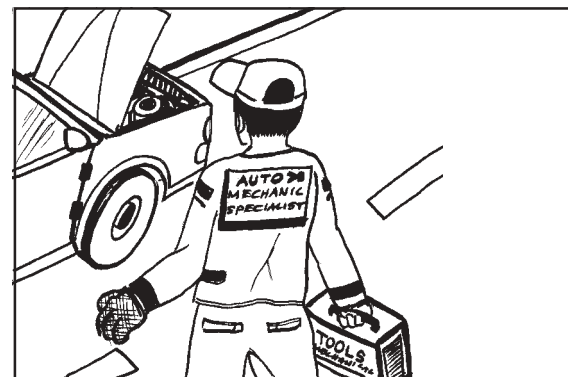
be a barangay captain



own a sari-sari store



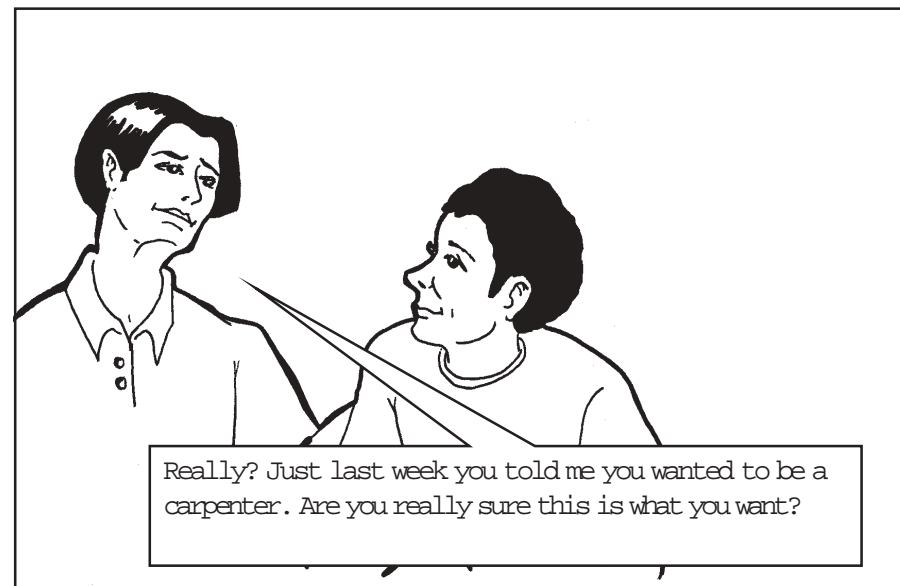
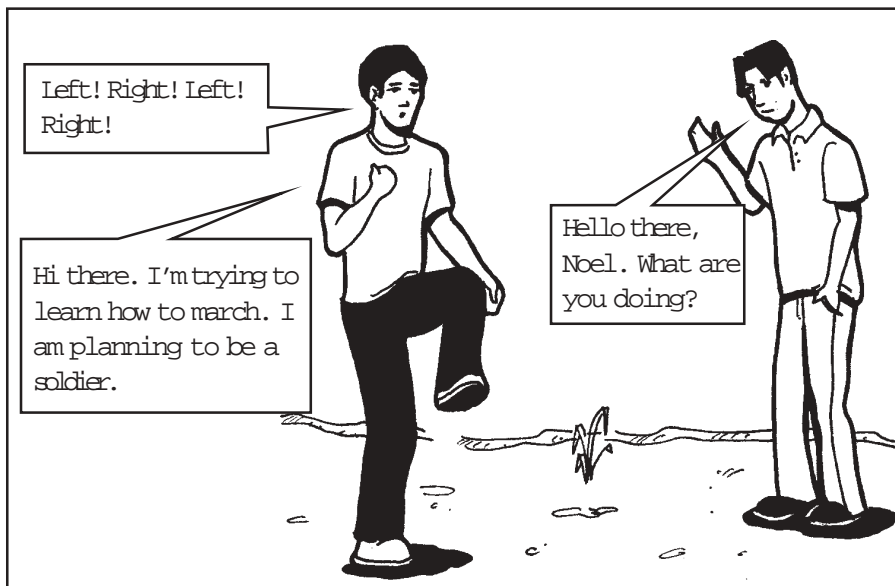
get married



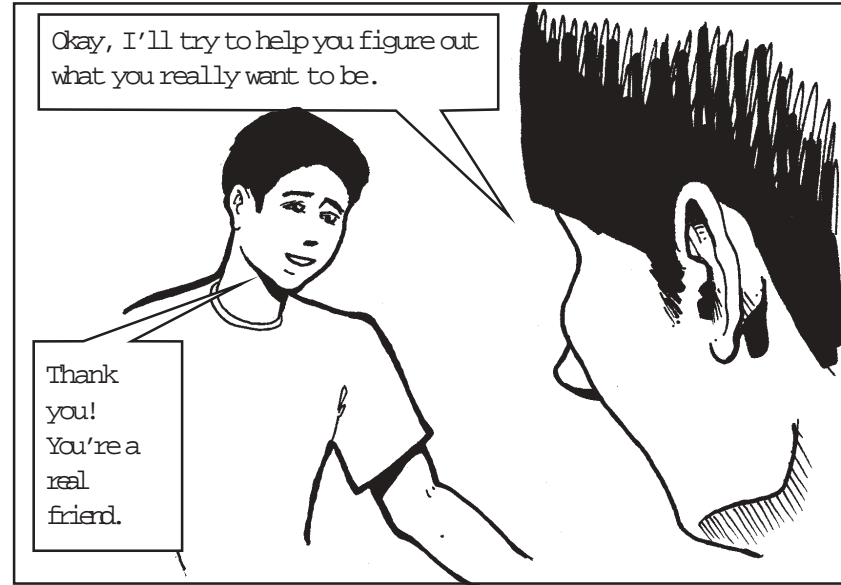
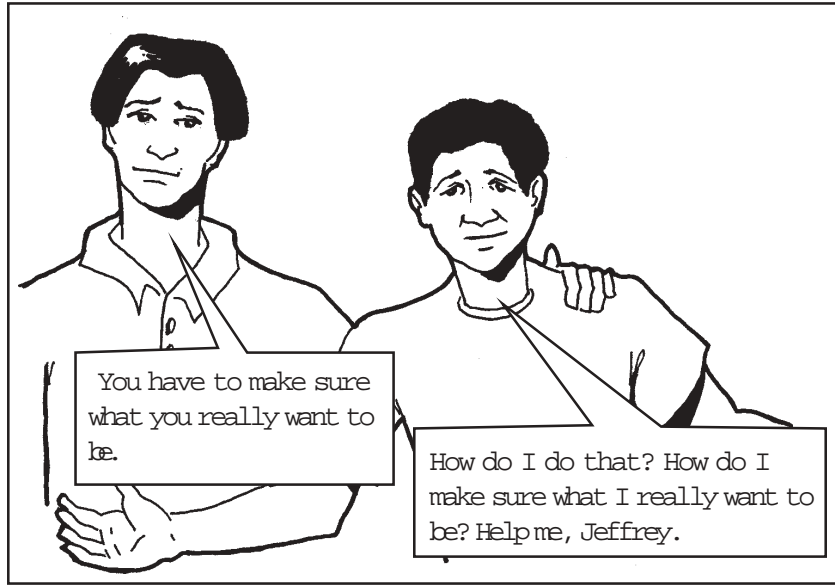
be an automechanic



## Let's Read







## Let's Think About This

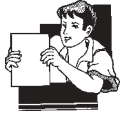
If you were Jeffrey, how would you help Noel with his problem? You may write your answer below.

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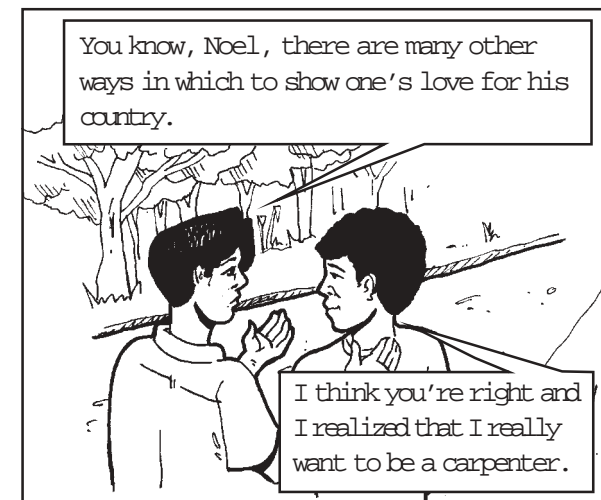
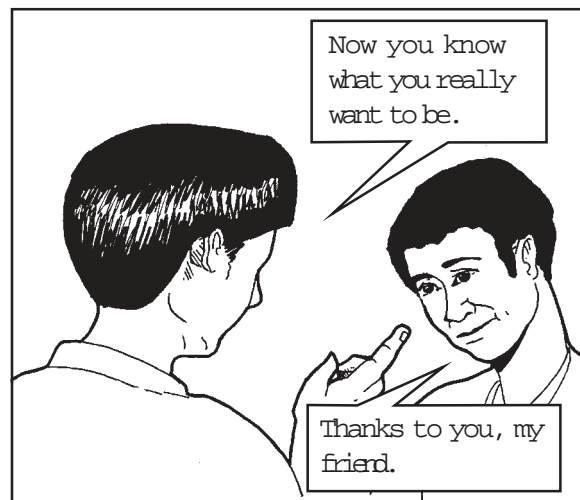
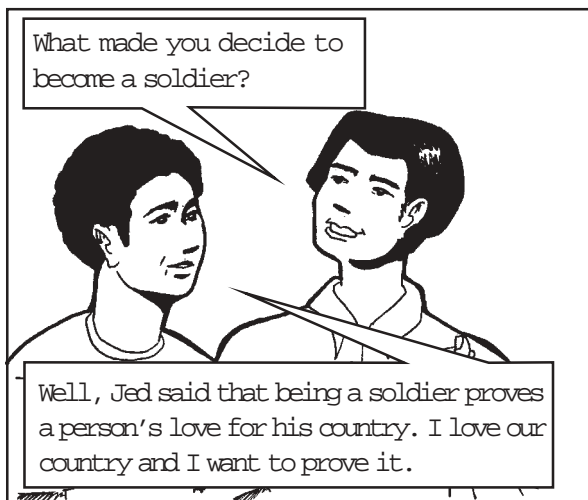
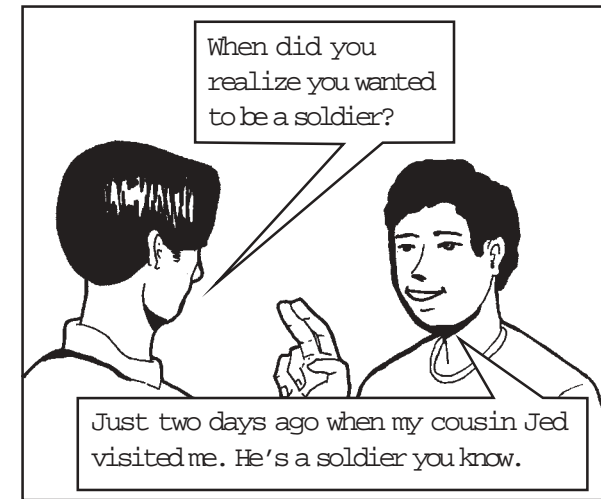
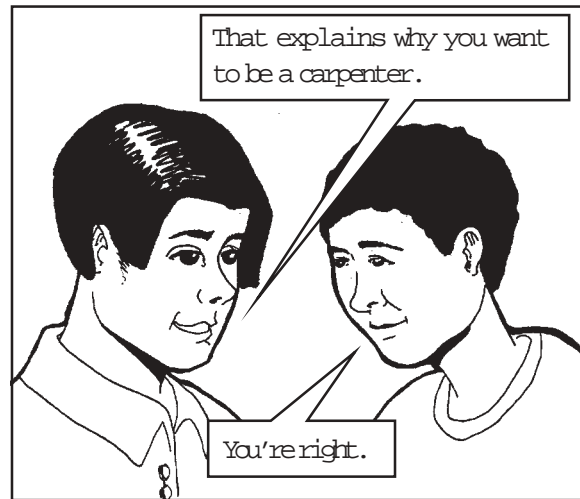
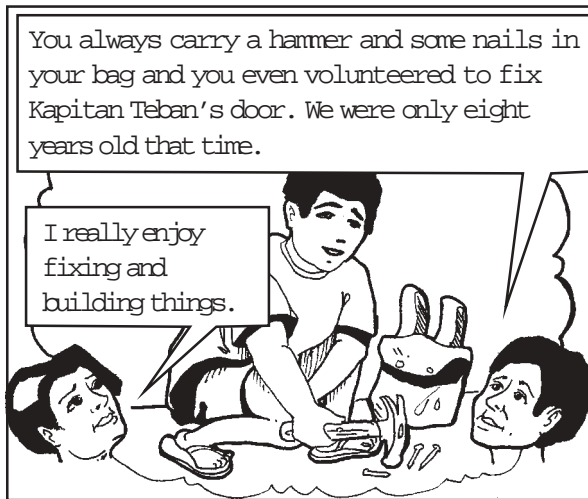
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Compare your answer with the sample given in the *Answer Key* on page 36 .



## Let's Learn

Do you want to find out how Jeffrey helped Noel? Let us continue reading their story.





## Let's Try This

J	A	R	V	D	E	T	F	O	B	E
O	D	R	E	S	S	M	A	K	E	R
K	O	K	N	E	D	Z	R	B	A	C
L	G	E	D	J	E	F	M	E	U	O
E	L	C	O	O	K	S	E	E	T	O
N	E	A	R	J	O	Y	R	A	I	G
G	N	E	C	B	E	C	N	T	C	D
A	N	S	A	Y	E	Y	E	Y	I	E
I	D	O	W	I	E	B	E	U	A	T
C	A	R	P	E	N	T	E	R	N	S

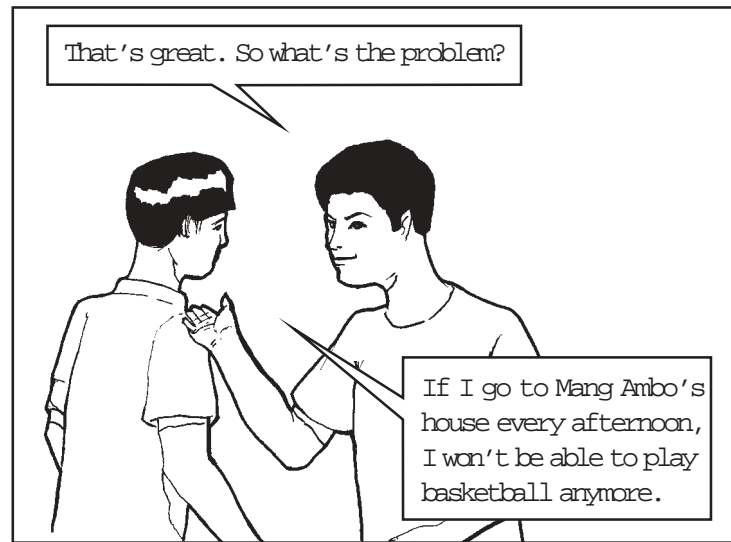
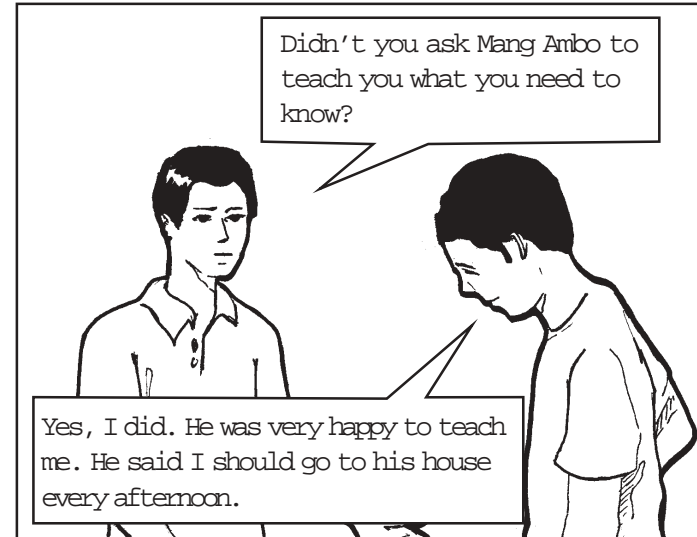
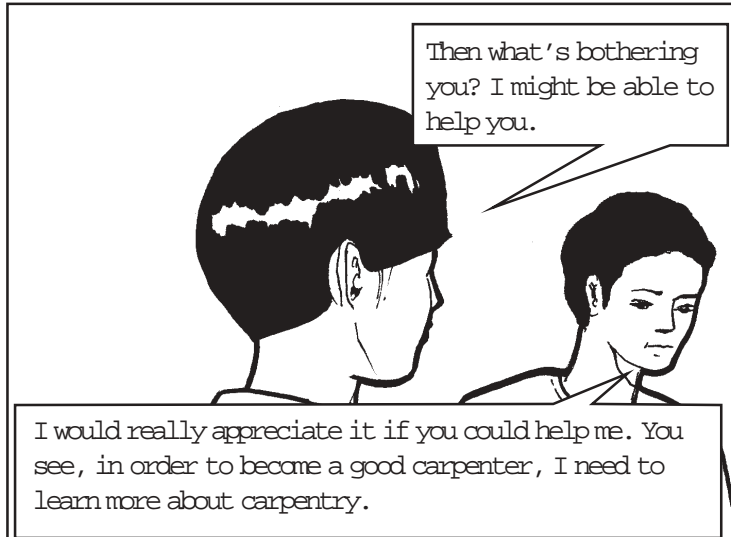
Try to find these words in the puzzle. It can be either vertical or horizontal. Begin the search!

1. carpenter
2. dressmaker
3. vendor
4. cook
5. farmer
6. beautician

Were you able to find all the words? Find out in the *Answer Key* on page 36.



## Let's Read





## Let's Try This

If you were Jeffrey, what advice would you give Noel? Write your answer in the space provided below.

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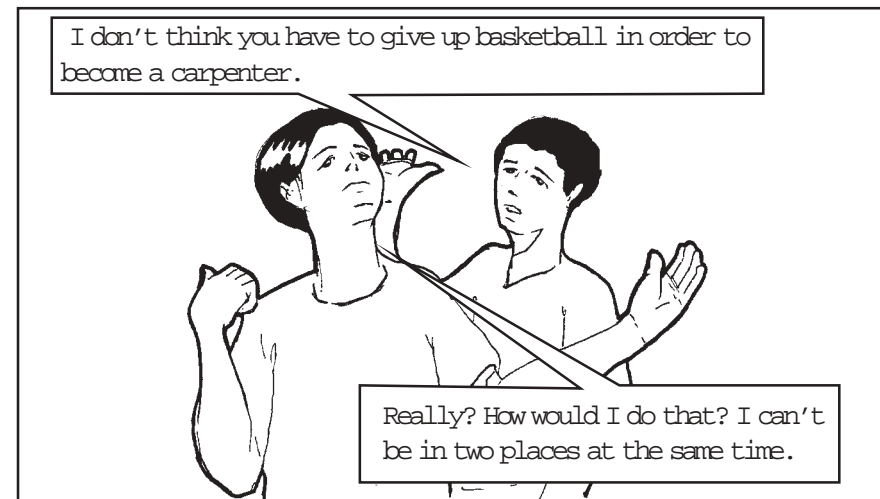
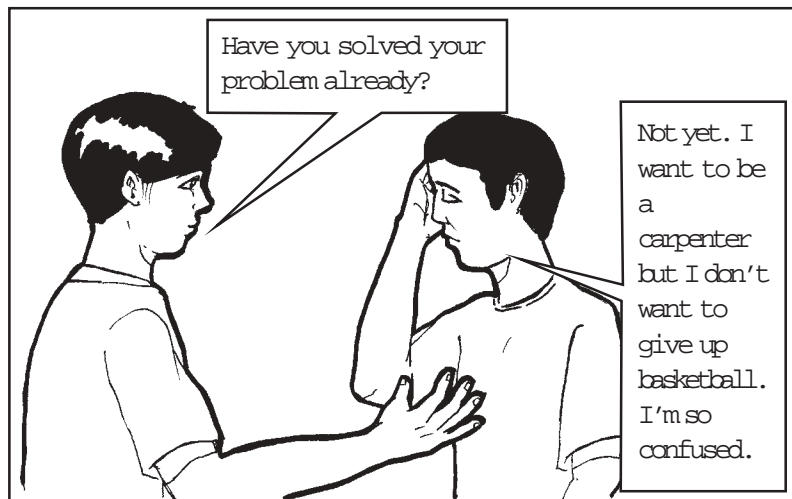
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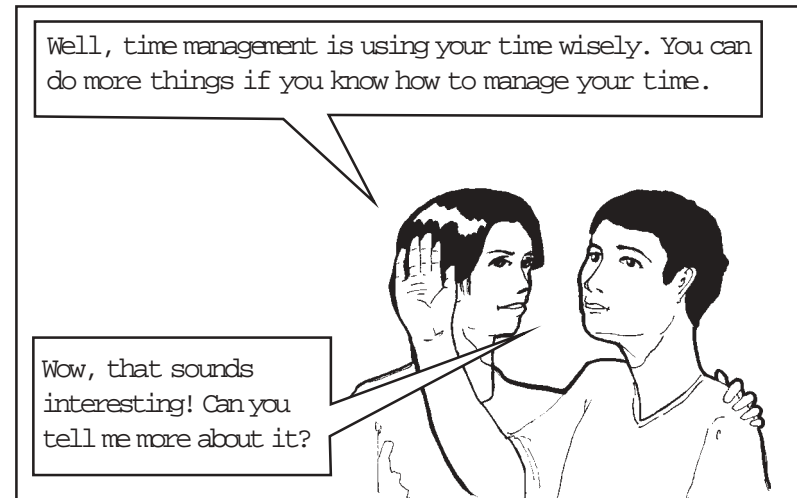
Compare your answer with those in the *Answer Key* on page 36.



## Let's Read

Do you want to find out what advice did Jeffrey give Noel? Let us continue reading their story.





## Let's Think About This

Do you know what time management is? Write your answer below.

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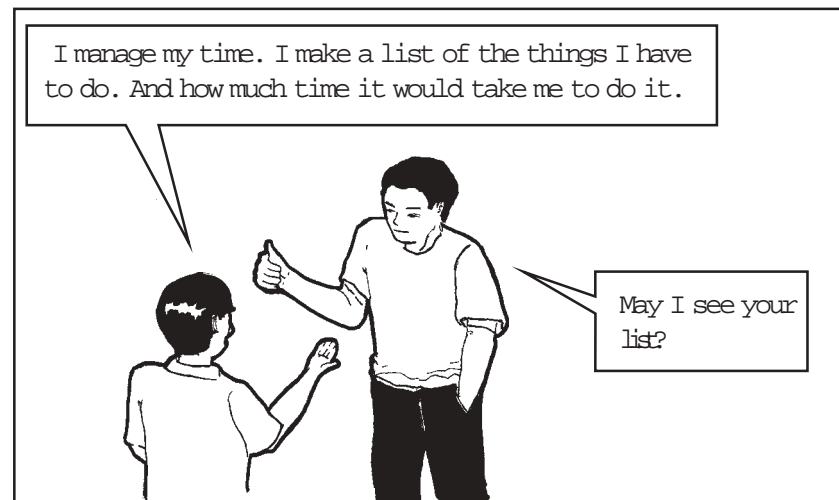
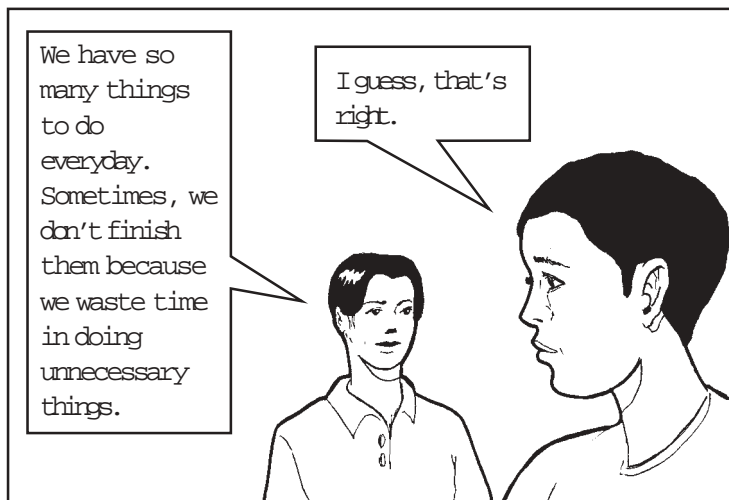
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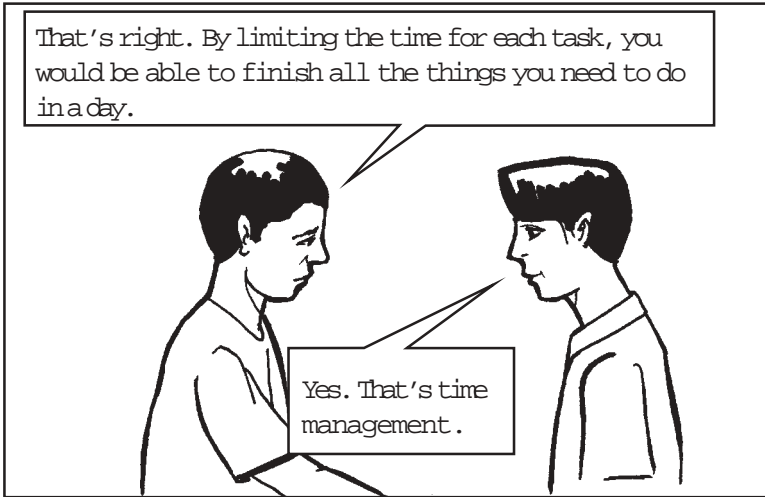
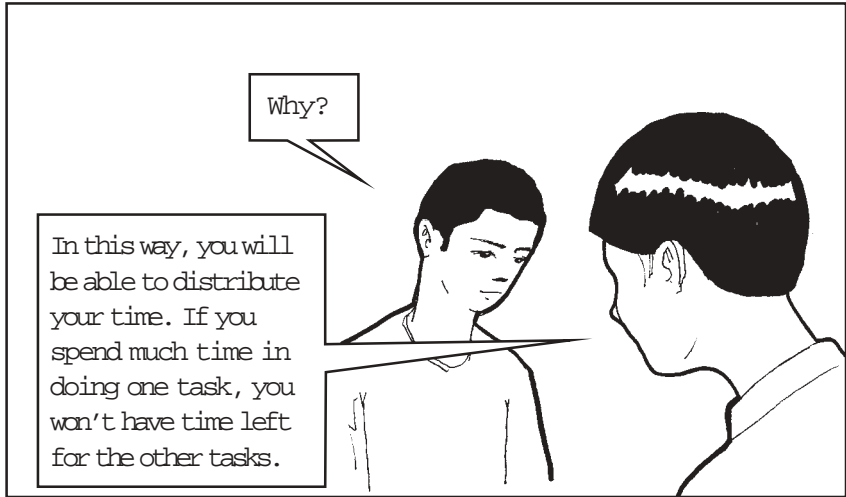
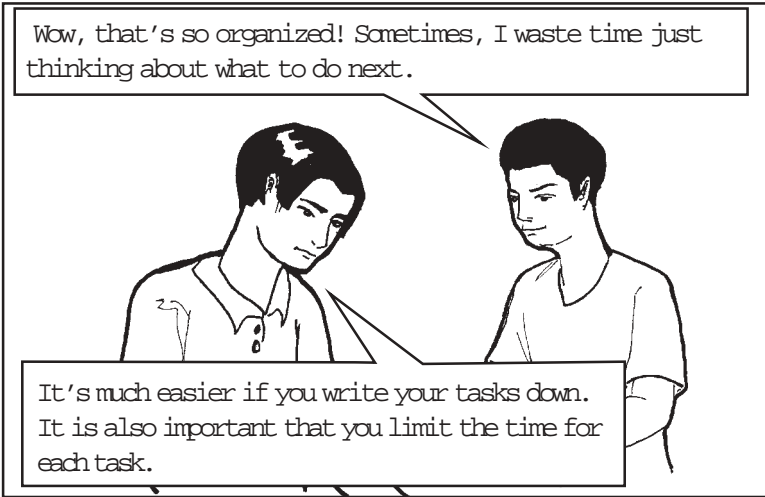
Compare your answer with those in the *Answer Key* on page 36.



## Let's Read



Time	Things To Do
7:00 am– 7:30 am	Water the plants
7:30 am– 8:00 am	Feed the chickens
8:00 am– 9:00 am	Prepare for work
9:00 am– 6:00 pm	Work in the vulcanizing shop
6:00 pm– 7:00 pm	Go home/take a rest
7:00 pm– 7:30 pm	Eat dinner
7:30 pm– 8:00 pm	Wash the dinner
8:00 pm– 9:00 pm	Watch television/listen to radio
9:00 pm– 10:00 pm	Do other things
10:00 pm– 6:00 pm	Sleep







## Let's Try This

Do you want to help Noel make his list? Distribute Noel's time between the tasks he needs to do in a day. Write them down. An example is shown to guide you.

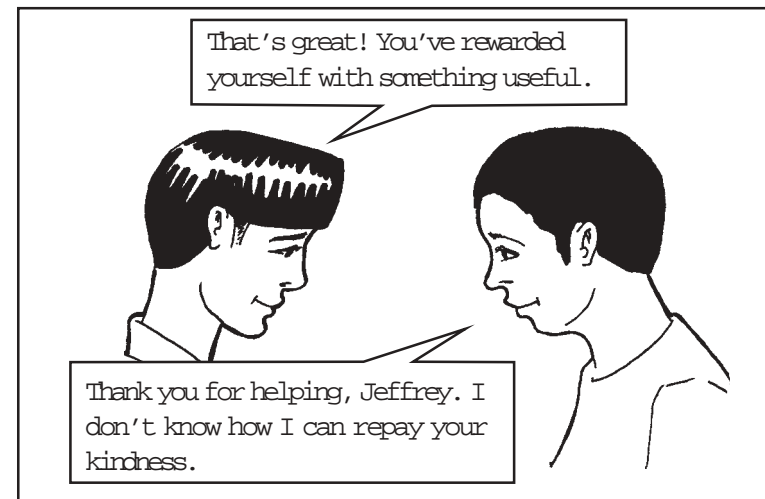
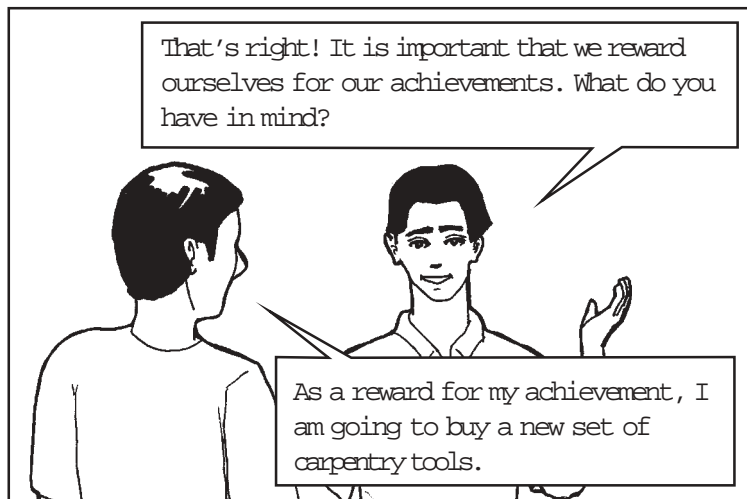
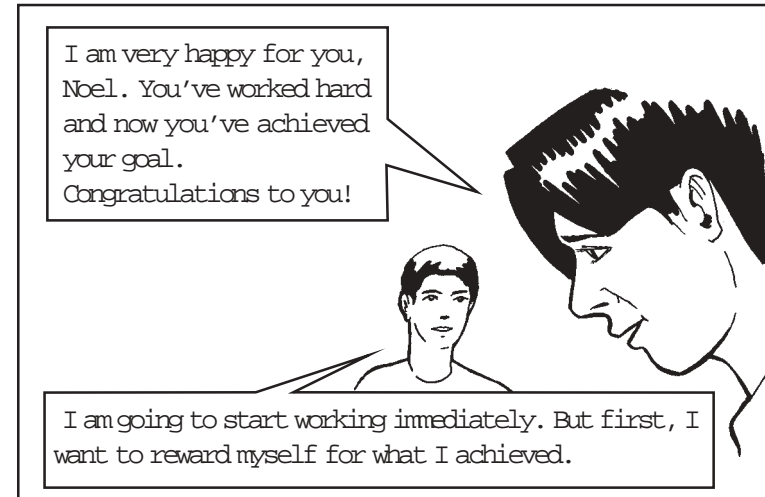
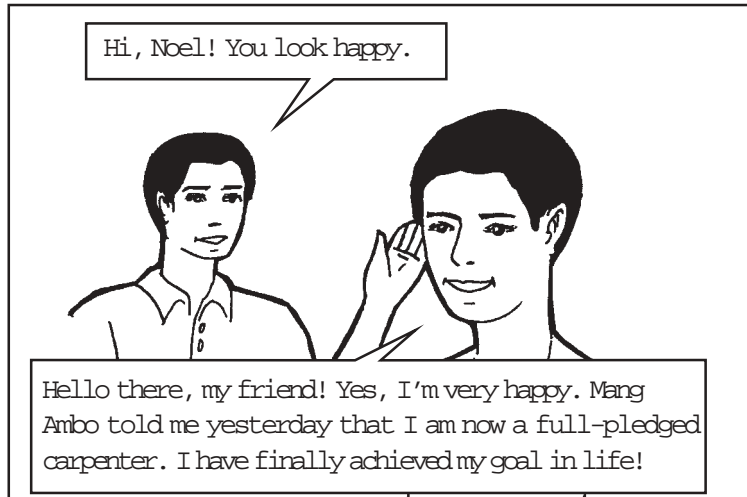
Time	Things To Do
6:00 am – 7:00 am	Clean the yard
	Feed the chickens
	Eat breakfast
	Go to Inay's sari-sari store
	Go to Mang Ambo's house
	Play basketball
	Go home, eat dinner
	Listen to radio/watch television
	Sleep

Compare your answers with the answers of your co-learners. Show it to your Instructional Manager.



## Let's Read

After one month...





## Let's Think About This

Why do you think it is important to reward ourselves for our achievements? Write your answer below.

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Compare your answer with those in the *Answer Key* on page 37.



## Let's Remember

Each of us has dreams and goals in life. At first, we may have difficulty in determining what we really want to do. We have to think about our likes and dislikes, our talents and capabilities and our weaknesses to find out what we want to be. Then we have to work hard to achieve our goals. It is also important to reward ourselves when we finally reached our goal.

You may now turn to the next page for our next lesson.

## Let's See What You Have Learned

Answer this simple test to find out how much you have learned from Lesson 1.

A. Encircle the letter of the correct answer.

1. Ronnie wants to be a farmer but his mother wants him to be a soldier. What should he do?
  - a. He should be a soldier to please his mother.
  - b. He should be a soldier because it is much more exciting than being a farmer.
  - c. He should be a farmer because this is what he really wants.
  
2. Jose likes plants very much. He likes to take care of different flowers and trees. He takes care of them well. What do you think he'll become?
  - a. a shoemaker
  - b. a gardener
  - c. a driver
  
3. Anna wants to learn how to sew but her job as a factory worker keeps her busy. What should she do?
  - a. She should just focus on her job and forget about learning how to sew.
  - b. She should manage her time well so she could spend time learning how to sew.
  - c. She should quit her job at the factory and spend all her time learning how to sew.

4. Mang Kanor wants to buy a new set of carpentry tools but he does not have enough money. What should he do?
- He should borrow money from his friends so he could buy new tools immediately.
  - He should not buy a new set of tools.
  - He should wait until he has saved enough money for a new set of carpentry tools.
5. Anita wants to have her own carinderia. She saves all her income and after three months, she is able to open her own carinderia. What should she do next?
- She should reward herself for achieving her goal.
  - She should not reward herself and just work all the time.
  - She should boast about her achievement.
- A. Match the time in column A with the activities/tasks in column B. Draw a line to connect the matching pairs. A sample is shown to guide you.

A	B
6:00 am – 6:30 am	Prepare for work
6:30 am – 8:00 am	Sleep
8:00 am – 5:00 pm	Go to work
5:00 pm – 6:00 pm	Eat breakfast
6:00 pm – 8:00 pm	Go home/relax
8:00 pm – 6:00 am	Eat dinner/watch TV/listen to music

Compare your answers with those in the *Answer Key* on page 37.

If you got a perfect score, congratulations! You are more than ready to move on to our next lesson. If your score is 8 or 9, that's very good. You just need to review the parts you found difficult in this lesson. However, if your score is 7 or lower, you need to review the entire lesson to understand it better.

# I Am A Self-Disciplined Person



## Let's Read

One day, Joan and Kleng were walking on the street...





## Let's Think About This

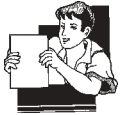
Do you agree with Joan or Kleng? Why? You may write your answer in the spaces below.

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Compare your answer with those in the *Answer Key* on page 38.



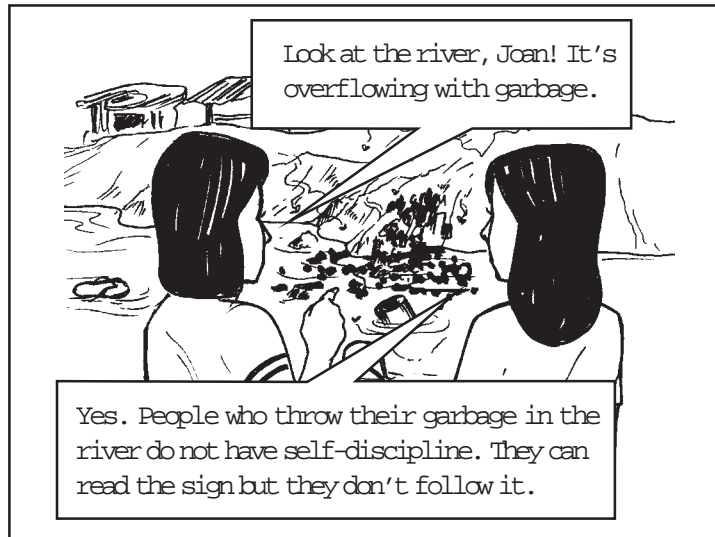
## Let's Learn

Do you know what self-discipline means? Self-discipline means training and control of oneself and one's conduct for self-improvement. A person who has self-discipline does the right thing even when no one is looking.





## Let's Read





## Let's Try This

Do you know a river near you? Take a look at it carefully. Do you see garbage in your river? Yes or No? Do you think people in your neighborhood have self-discipline? You may write your answer in the spaces below.

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Compare your answer with those in the *Answer Key* on page 38.



## Let's Read

Ariel, aren't you going to work today? Mang Kanor needs you at the vulcanizing shop.

I'm not going to work today. We played basketball yesterday and I feel tired and sleepy.

But you didn't go to work yesterday, either. Mang Kanor will be angry with you and you might lose your job. Do you want that to happen?

No, I don't want to lose my job. I have to earn money so I could put up my own shop. But I don't feel like going to work today.



## Let's Try This

If you were Ariel, what would you do? Would you go to work or not? Why? You may write your answer below.

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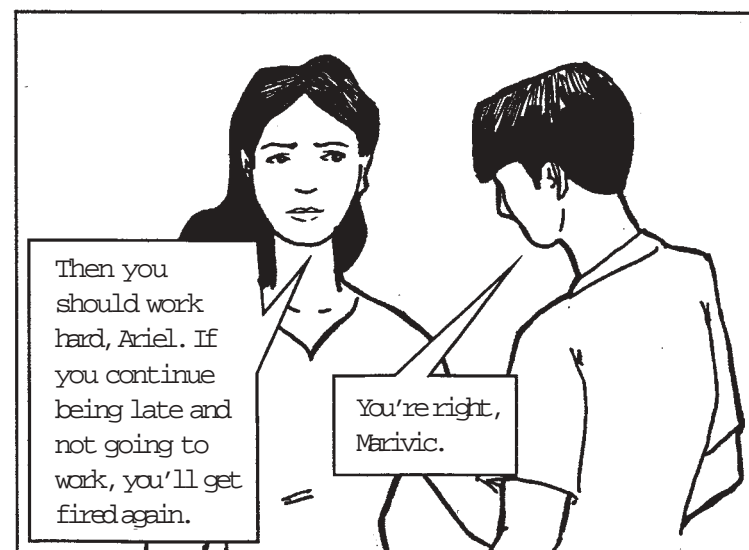
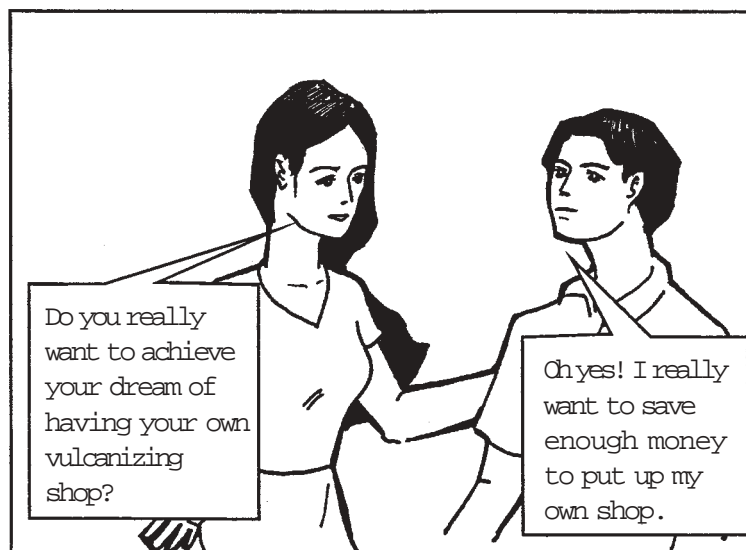
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Compare your answer with those given in the *Answer Key* on page 38 .



## Let's Read





## Let's Think About This

Do you think Marivic is right? Do you think that if Ariel works hard he will not get fired from his job? Write your answer below.

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Compare your answers with those given in the *Answer Key* on page 38.

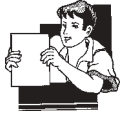


## Let's Try This

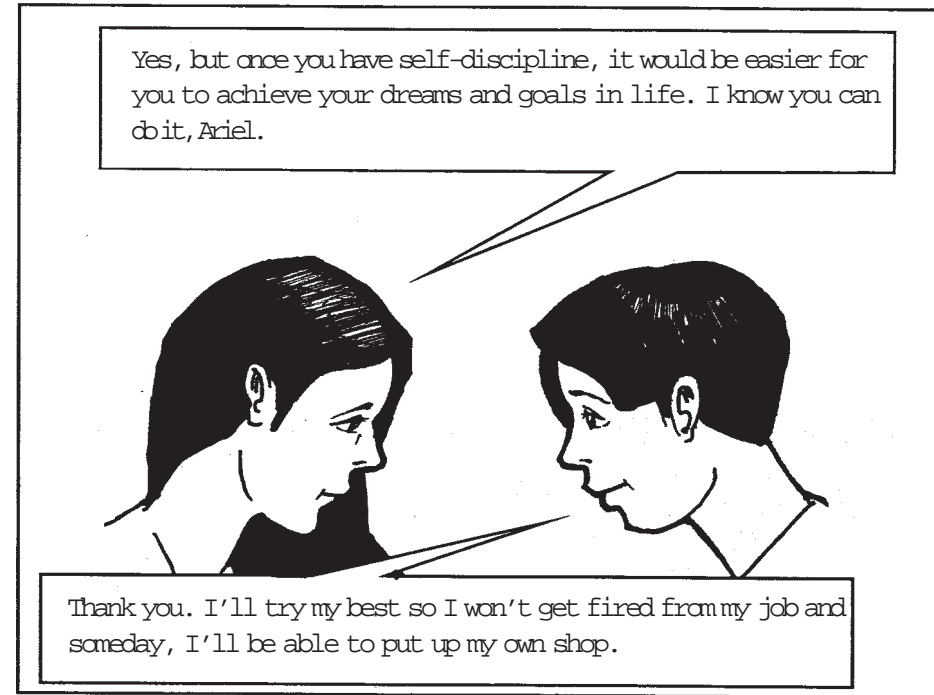
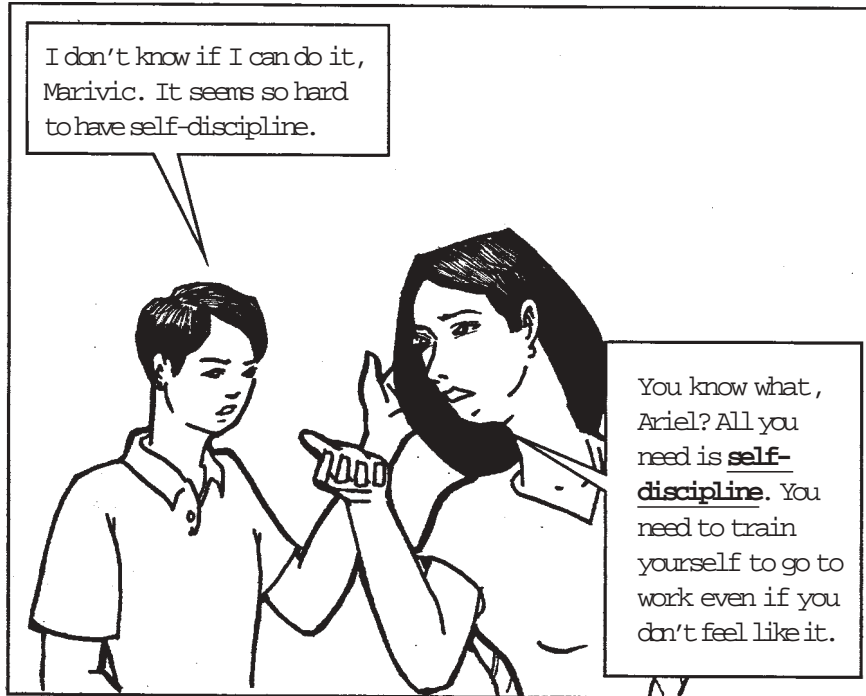
Do you know what Ariel needs to achieve his goal? Supply the missing letters of the word to find out!

   **S**       **L**       **-**    **D**    **I**       **C**    **P**    **L**    **N**   

Were you able to complete the word? Find out by reading the following dialogue on the next page.



## Let's Learn





## Let's Remember

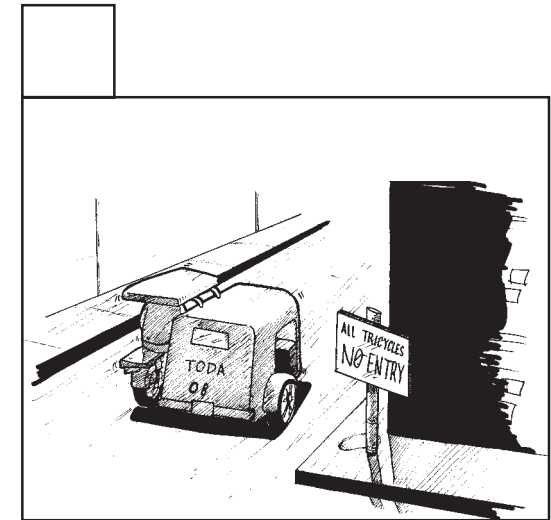
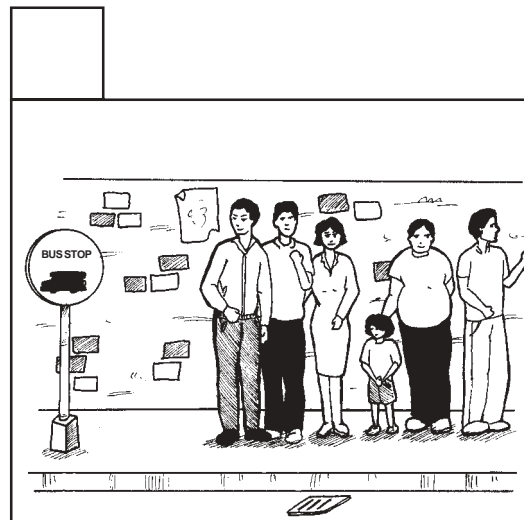
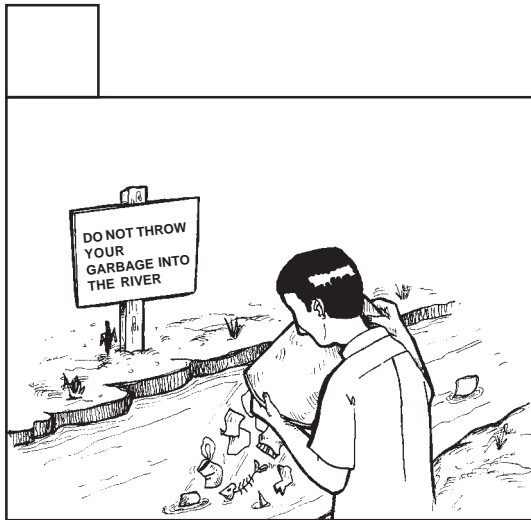
We have dreams and goals in life and there are many factors that will help us achieve them. One important factor is self-discipline. Self-discipline means training and control of oneself and one's conduct for self-improvement. We need to do the right things even when there's no one around. This is the only way we can improve ourselves and our surroundings.

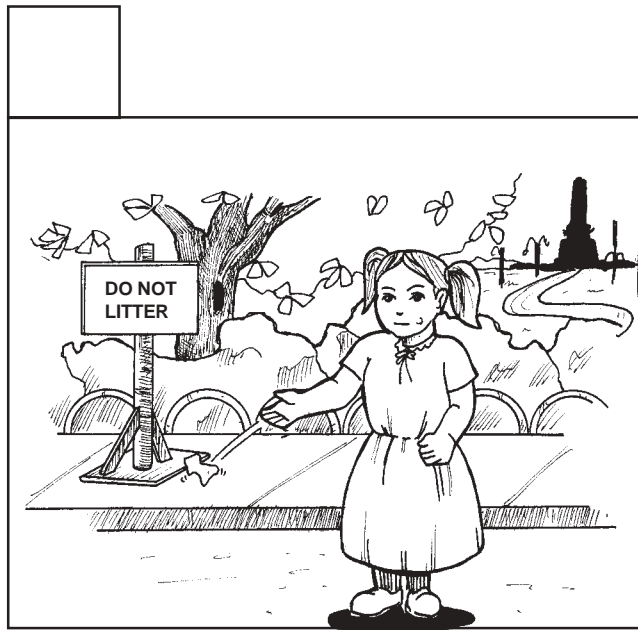


## Let's See What You Have Learned

Before you finish studying this lesson, answer the simple test below in order to know how much you have learned from this lesson.

- A. Study the pictures carefully, put a happy face ☺ inside the small box if the picture shows self-discipline and put a sad face ☹ if it does not.





B. Read the phrases below carefully, then copy each phrase inside the correct box

- ◆ Going to work on time
- ◆ Crossing the street at the signal of the policeman
- ◆ Littering
- ◆ Falling in line
- ◆ Spending money wisely



Expresses Self-discipline

Does

Compare your answers with those in the *Answer Key* on pages 39–40.

How well did you do? If you got a perfect score, congratulations! You have learned a lot from this lesson. If your score is 8 or 9, that's very good! You just need to review the parts you found difficult in this lesson. However, if your score is 7 or lower, you need to review the whole lesson to understand it better.



## What Have You Learned?

Before you finish studying this module, take the simple test below in order to determine how much you have learned. Complete the following sentences

My goal/s in life is/are \_\_\_\_\_

\_\_\_\_\_

In order to achieve these goals, I will \_\_\_\_\_

\_\_\_\_\_

When I achieve my goals, I will \_\_\_\_\_

\_\_\_\_\_

Have you finished answering? Show your answers to your *Instructional Manager* or *Facilitator*.



## Let's Sum Up

Each of us has goals and dreams in life. Sometimes, we get confused about what we really want to do or be. That's why we have to consider our likes and dislikes, and our talents and skills in order to identify our goals.

In order to achieve these goals, we have to work very hard. There are many factors we have to consider like time management and self-discipline. Nothing is impossible if we work very hard. Let us also remember that it's important that we reward ourselves for our accomplishments.



## Answer Key

### A. Let's See What You Already Know *(pages 2–4)*

1. (c) Wait until they have saved enough money for their wedding.
2. (a) Work harder so she would finish her work on time.
3. (b) A disciplined person.
4. (c) An undisciplined person.
5. (b) She should manage her time well so she could spend her free time learning how to cook.
6. (b) Wait until she has saved enough money before buying the dress.
7. (a) Wait until his mother gets back before playing with his friends.
8. (c) She should not accept additional sewing jobs until she's sure she can finish them.
9. (a) Look for the nearest garbage can instead of littering on the sidewalk.
10. (a) Report the broken pipe to a barangay official so water would not be wasted.

*Let's Try This (page 7)*

Sample answer: I want to be a dressmaker as mentioned in the poem.

## B. Lesson 1

*Let's Think About This (page 9)*

Sample answer: I'll help him figure out what he really wants to be. I'll ask him the things he likes to do to find out what he really wants to be.

*Let's Try This (page 11)*

J	A	R	V	D	E	T	F	O	B	E
O	D	R	E	S	S	M	A	K	E	R
K	O	K	N	E	D	Z	R	B	A	C
L	G	E	D	J	E	F	M	E	U	O
E	L	C	O	O	K	S	E	E	T	O
N	E	A	R	J	O	Y	R	A	I	G
G	N	E	C	B	E	C	N	T	C	D
A	N	S	A	Y	E	Y	E	Y	I	E
I	D	O	W	I	E	B	E	U	A	T
C	A	R	P	E	N	T	E	R	N	S

*Let's Try This (page 13)*

Sample answer: I would advise Noel to manage his time wisely so he could do all the things he has to do in a day.

*Let's Think About This (page 14)*

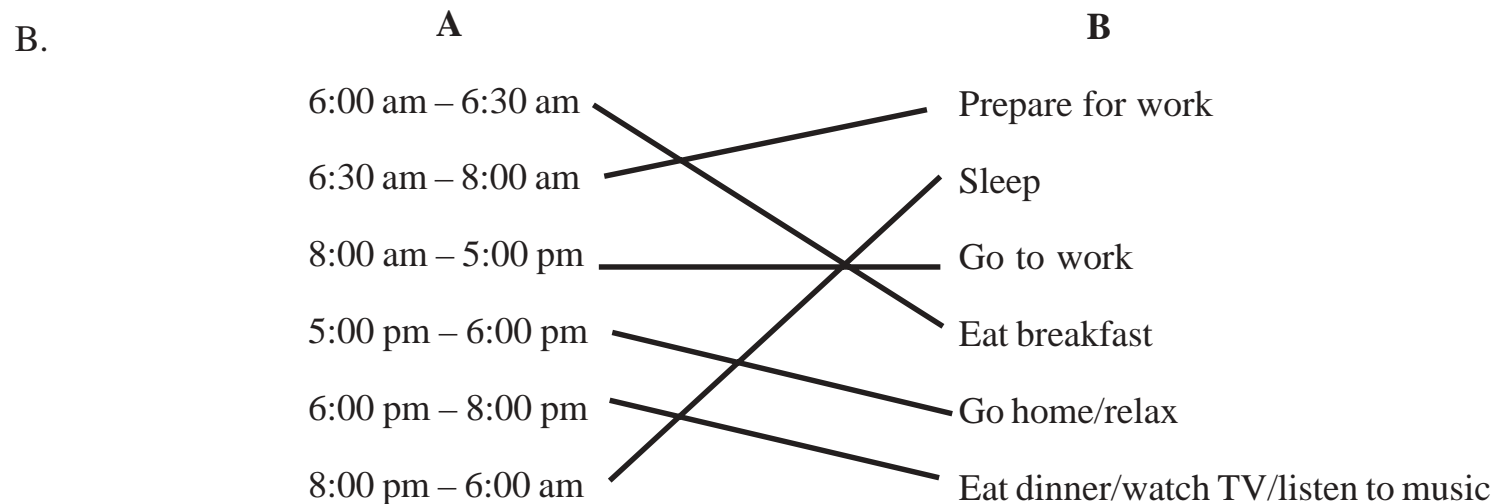
Sample answer: Time management is managing your time well and distributing it wisely among the chores you have to do. This way, you will be able to do all your assigned tasks and still have time for other things you want to do.

*Let's Think About This (page 19)*

Sample answer: It is important to reward ourselves for our achievements because we deserve it, especially when we worked hard to achieve our goals.

*Let's See What You Have Learned (pages 20–21)*

- A. 1. **(c)** He should be a farmer because this is what he really wants.  
2. **(b)** A gardener  
3. **(b)** She should manage her time well so she could spend time learning how to sew.  
4. **(c)** He should wait until he has saved enough money for a new set of carpentry tools.  
5. **(a)** She should reward herself for her achievement.



## C. Lesson 2

*Let's Think About This (page 24)*

Sample answer: I agree with Joan because it is right to do the right things whether there is someone looking or not.

*Let's Try This (page 26)*

Sample answer: I don't see garbage in our river. The people in my neighborhood have self-discipline because they do not dump their garbage in our river.

*Let's Try This (page 27)*

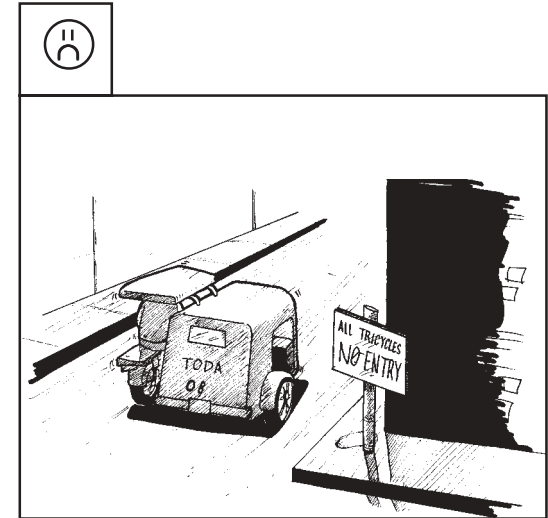
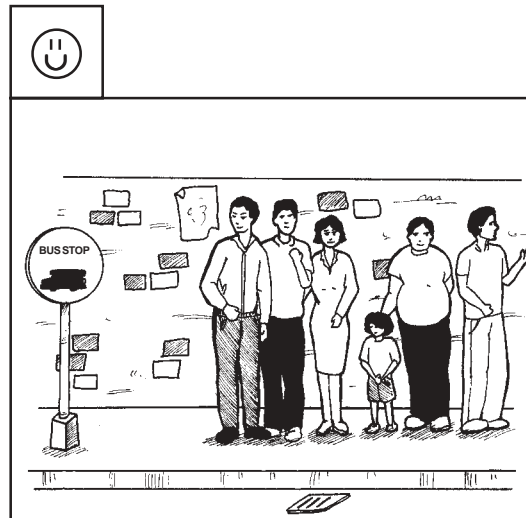
Sample answer: If I were Ariel, I would go to work even if I don't feel like it because I don't want to lose my job.

*Let's Think About This (page 29)*

Sample answer: Yes, I think Marivic is right. If Ariel works hard, he would not be fired from his job

Let's See What You Have Learned (pages 31–33)

A.



B.

<b>Expresses Self-Discipline</b>
<ul style="list-style-type: none"><li>◆ Going to work on time</li><li>◆ Crossing the street at the signal of the policeman</li><li>◆ Falling in line</li><li>◆ Spending money wisely</li></ul>

<b>Does Not Express Self-Discipline</b>
<ul style="list-style-type: none"><li>◆ Littering</li></ul>