

Essay

### This I Believe

I believe that everyone should have self-discipline as a core value. Self discipline is life's greatest tool for success in any and every situation. I know this because I had make the journey to self discipline when I fixed my sleep schedule.

Freshman year of high school is always a pretty hectic thing for everyone. For me, I was making great grades and even greater friends, all while handling personal issues and extracurricular activities. Everything was awesome, but there was one thing missing: sleep.

Every day I would wake up around 4:30 in the morning to get ready and then walk to starbucks to do homework and study for 2 hours. By the time I got to school, I hadn't fully woken up yet, even though I had vyvanse to keep me alert. So in order to shock myself into full consciousness, I would chug a celsius. Now, if you didn't know, celsius has a pretty high caffeine content of 200 mg. This wasn't healthy at all and caused concern for a few trivial heart problems.

In addition to my crazy morning shenanigans, my nights weren't the healthiest either. Every night I would stay up late playing video games or doing homework or talking to friends. How late you might ask? Anywhere from 11pm to 2am. This meant I was getting only 2 and a half to 5 and a half hours of sleep every night, and it was a routine at that point. I had no self control when it came to staying up that late, and it took a great toll on my mental and physical health.

Around March, I began to carefully consider my self care habits. I wondered if taking control of my sleep schedule would improve my life. I knew it would be hard, but I had to do it. So I slowly began to make changes. I decided that I wasn't going to stop the morning starbucks excursions, so instead I had to go to bed a lot earlier. I set my bed time to 10:30, then 10:00, then 9:30. It was hard to put the electronics down and actually force myself to sleep.

For the first few weeks, it took me around an hour to fall asleep every night. I was tossing and turning and being tempted to get up and go watch TV. Soon, though, I got used to it. My brain started to let me sleep within half an hour of getting in bed. I had done it! I had fixed my sleep, and it was so worth it. In addition to feeling less tired, my grades drastically improved. I was no longer zoning out in class. Also, my heart slowed down and stopped scaring the living daylights out of me.

It was hard at first, but taking control and making that change was worth it. The self discipline I achieved in order to fix my bad habit improved my life in so many ways. It taught me something valuable: self discipline is extremely important and should be something valued by everyone.