Evaluate personal levels of self-discipline for entry into the uniformed public services.

It is clear that all the public services without exception require high levels of self-discipline and some more than others. In order to evaluate my personal levels of self-discipline it will be necessary to understand how high a level of self-discipline the public services need, then compare it to my own levels of self-discipline and provide evidence for it. Finally concluding with whether or not my current levels of self-discipline are actually high enough for entry into the public services.

The public services as I have already said expect and require high levels of self-discipline. This is because the services need individuals who can condition themselves to train, follow orders or otherwise function as part of the public services. Self-discipline is certainly required much more in the armed services as the need to ready self and ensure that all procedure and protocol is followed is so much greater to ensure that individuals are giving themselves and others the greatest chance of success that they can. Again if you’re a leader in any service the level of responsibility and other skills required to be so are much greater and so the expectation is that the individuals own self-discipline would be higher than that of those under their leadership. It is difficult to measure self-discipline other than watching how someone carries themselves through situations and prepares themselves, whether the situation is critical or not. Nevertheless even on a basic level the expectation is that self-discipline should be high and even more so in roles of leadership.

Personally I believe myself to already have already achieved high levels of self-discipline and believe that it would certainly be high enough to pass the lowest self-discipline requirements if not even enough for a leadership role. I say this with evidence to back this up, this evidence that I personally feel shows my self-discipline includes:

- I complete all work ahead of time, being on time to high standard usually passing all criteria first time without alterations needed. Also all is also done within the restricted free time available to do it in, which is a clear sign of time management show self discipline to work individually to high standard and being too able to manage time I have so that work is always completed.
- I train constantly, pushing my body often to extremes, I also change my training so that the whole body is worked regularly and I am constantly increasing my levels of personal fitness, this can be seen in the weight loss I have experienced whilst muscle percentage has increased with toning, or at least prevent any degeneration of it. This shows I am self-disciplined enough to work myself no matter my condition to extremes to improve myself, it’s also a sign of high self motivation, and time management as time has to found when it can be done.
- I know when and when not to argue with people, whilst often this is frustrating, it is easier to yield and not cause an argument then try to argue with someone whose wrong but convinced their right. However I will argue and when I do so I will win the argument, however this shows that I am self-disciplined enough to not always voice my opinion and knowing when it’s better to let others continue timing their right then confront them and create difficulties, but knowing how to deal with those difficulties is another talent I have and this means that issues can be sorted out before any escalation can occur.
- I do not yield to peer pressure; whilst I could be argued everyone does, I would argue I will always choose to be a minority on the basis I am right and they are wrong till proven.