

### Prompt Brainstorming #3

Think carefully about the issue presented in the following excerpt and the assignment below.

"Discipline" is a negative word for many people because it is associated with rigorous training, strict rules, and strong self-control. But we fail to realize that freedom comes only through discipline. Discipline compels us to sacrifice immediate rewards and pleasures, but it also gives our lives structure and prevents us from making costly mistakes. It keeps us from being subject to our impulses and weaknesses and thus frees us to achieve our true goals.

**Assignment:** Do people need discipline to achieve freedom? Plan and write an essay in which you develop your point of view on this issue. Support your position with reasoning and examples taken from your reading, studies, experience, or observations.