



**AIRMANSHIP**  
**200**

**SELF-DISCIPLINE**

Rev. Date: 12 Dec 2019

**CORE**

**CULTURE OF PROFESSIONALISM**



**Objective:** Support continued alignment of personal values and Air Force standards through reinforcement of Airmanship core competencies.

**Facilitator Aides**

[USAF Basic Training 323 TRS](#)

[AFH 36-2618](#)

**Lesson Outline**

**Ideal Lesson Time: 60 min.**


**Introduction**

**MP 1. Airman Responsibilities**

**MP 2. Reaching Goals Through Adversity**

**Conclusion**

**Boot Stomp**



Discipline is not only needed in the military, it is needed in every aspect of military AND civilian life.

## Introduction

**Play:** [USAF Basic Training 323 TRS](#) for participants.

After the video has been viewed, highlight instances of instilled discipline in order to correlate to the topic of where Tech Trainees will require self-discipline in lieu of instilled discipline. Reinforce examples of MTI to Trainee interactions.

**Overview:** Today we are going to talk about how to continue to apply the tools received in BMT to reach goals and be able to have continued success throughout your Air Force career.

**Read:** Junior Enlisted Responsibilities are to “Focus on adapting to military requirements, being part of a profession of arms, and achieving occupational proficiency”

Discuss with Airman what is missing regarding discipline, now that they have transitioned to Technical Training. Additionally, draw out questions concerning how to maintain self-discipline throughout Technical Training and in the future.

## MP 1. Airman Responsibilities

Discuss goals and duties which influence future action as it pertains to Airmanship. Ask questions about why our leaders decided to outline Airman Responsibilities in AFH 36-2618 and how it relates to self-discipline. Ask about future goals and how the Air Force has a disciplined, structured approach to reach you military goals. Energy alone will not motivate your audience, you need to be charismatic! Charismatic briefers inspire people to take what they have learned and apply it.

**Transition:** We all want to reach our goals but sometimes we encounters bumps in the road, but you can't let that stop you.

## MP 2. Reaching Goals Through Adversity

Discuss mistakes as it relates to Airmanship. Ask open-ended questions about past mistakes and ways in which you responded, have learned and have grown. There are four ways to conduct presentations: formal lecture, informal lecture, guided discussions and experiential lessons. A guided discussion is one way communication where the briefer delivers information to the audience.

## Anticipated Replies and Side Notes

**Conclusion**

In closing, today we talked about Airmanship topics and how promote continued alignment of personal values and Air Force standards through reinforcement of Airmanship core competencies. Finally, after sharing life stories and emotions; it is important to have a solid conclusion summary and re-motivation statement will help to ensure future involvement.

**Anticipated  
Replies and Side  
Notes**

**ASSESSMENT QUESTION:** Do the participants have a deeper understanding of the need for discipline in everyday life?