

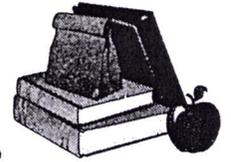
January

Character Trait:

Self-Discipline

Behavior	Social Skill
Failing, Not Trying	Perseverance
Unmotivated	Hard Work
Physically Aggressive, Out of Seat	Self-Control
Off Task, Incomplete Task	Completing Task
Screaming, Verbally Aggressive	Communicating Effectively

Self-Discipline



What is Self-Discipline?

Self-discipline means self-control. It is getting yourself to do what you really want to do, rather than being tossed around by your feelings like a leaf in the wind. You don't lose control of yourself when you feel hurt or angry, but decide how you are going to talk and what you are going to do. With self-discipline, you take charge of yourself.

Why Practice It?

When you practice self-discipline, you are controlling your own behavior so others don't have to. Self-discipline brings you freedom. You get things done efficiently and have order in your life. Without self-discipline, we procrastinate. We eat things we shouldn't. We lose control of our emotions. Then people feel hurt. With self-discipline, life is more peaceful.



How Do You Practice It?

Observe your feelings and thoughts, then decide how you are going to behave. If you feel angry, instead of yelling or hitting, you can acknowledge your anger, then use a calm voice to tell someone you are angry and why. It is your choice. Create routines that bring order and peace to your day, such as when to wash, exercise, work and play. Set limits for yourself, like time on the phone, how much TV you watch, the number of sweets you eat – enough but not too much.

The Virtues Project



What would Self-Discipline look like if...

- You have put off doing a big job for some time?
- You are really angry when your brother starts wrestling with you?
- Your family has a rule of two sweets after school but no one is watching?
- You notice you are watching too much TV and feeling lazy?
- You decide you need a new daily routine?
- You keep getting punished for breaking a rule?

Signs of Success

Congratulations! You are practicing Self-Discipline when you...

- Use detachment so your emotions won't control you
- Speak and act calmly when you are hurt or angry
- Get things done in an orderly, efficient way
- Create routines for yourself
- Do what is expected without people having to watch over you
- Do things on time

Affirmation

I have self-discipline. I use my time well and get things done. I choose my actions with detachment.