

SELF-DISCIPLINE

self-dis·ci·pline \-'di-sə-plən\

Noun: The ability to control one's feelings and overcome one's weaknesses; the ability to pursue what one thinks is right despite temptations to abandon it; training and control of oneself and one's conduct, usually for personal improvement.

Vision / Perseverance / Compassion / Integrity / Focus / Courage / Gratitude / **Self-Discipline** / Respect / Confidence / Humility / Contribution

Step 1: Review this handout. / **Step 2:** Identify at least five missions to pursue. / **Step 3:** Log your work on the back of this sheet (journal).
Step 4: Turn in this completed sheet **during the dates shown on journal.** / **Step 5:** Receive your special recognition during graduation week.

MISSIONS – EXPLORE SELF-DISCIPLINE

- Think of someone you know who demonstrates self-discipline regularly. How does it benefit them or others around them?
- Research the term “self-discipline” online. Spend at least 15 minutes exploring the results.
- Search for quotes about self-discipline. Post three of your favorite quotes where you will see them daily.
- Find a picture that reminds you of self-discipline. Look at that picture daily for one week.
- Spend at least 20 minutes discussing self-discipline with a friend or family member, discuss what it means to each of you.

MISSIONS – DISCIPLINE REQUIRES EFFORT

- Write down three things it takes to do your best at something.
- Spend at least 15 minutes writing about a time you demonstrated self-discipline. What did you learn from this?
- Pick one thing you need to improve on. Write out what would happen if you were disciplined about doing your best at it.
- Talk to someone who has accomplished a difficult task. Now discuss the effort it took to achieve the task.
- Write a brief paragraph about the effort required to achieve your next belt (or your black belt).



Share stories of your missions on our Facebook group page – [TopKick Virtues Project Community](#)

MISSIONS – BUILD HEALTHY HABITS

- Pick a physical exercise that is difficult for you and work on it every day for the next thirty days (push-ups, sit-ups, splits, etc...).
- Choose a martial art skill that needs work and practice it every day (at least 10 minutes) for the next ten days (a kick, a form, etc...).
- Pick out a book that will help you learn and grow. Read the book at least 15 minutes a day until you finish it.
- On a scale of 1 – 10 rate the cleanliness of a room in your house right now. What can you do to make it a 10 and keep it there?

MISSIONS – SELF-DISCIPLINE RULE BOOK

- In a notebook write down five things people ask you to do everyday. Now regularly do them without being asked anymore.
- Think of five personal rules that you wish to adhere to. Write them down and post them where you will see them daily.
- Write down five personal goals. Next write a short paragraph on how self-discipline will help you achieve these goals.
- Find five quotes about self-discipline and write them down in your rule book.



MISSIONS – SELF-DISCIPLINE WHEN NO ONE IS LOOKING

- One day this week practice a martial arts skill alone for 15 minutes.
- Perform as many push-ups as you can (without stopping) every morning for one week. Total them up and try to improve next week.
- Surprise your family, spouse, or roommate by straightening up a room in your house every day for one week.
- Do your homework, a chore, or a task around the house every day for a week without being asked or reminded.



Turn In Between 4/10/17 – 5/3/17

1 Choose at least five missions and clearly indicate which missions you completed on the other side of this sheet.

“We are what we repeatedly do, excellence then is not an act, but a habit.”

— Aristotle

2 What does this virtue mean to you? *(Please use a separate sheet of paper if needed)*



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3 List your favorite quote related to this virtue. *(Please use a separate sheet of paper if needed)*

“Discipline is the bridge between goals and accomplishment.”

— Jim Rohn

4 How did embracing this virtue help you, your school, family or community? *(Please use a separate sheet of paper if needed)*

5 _____
Your First & Last Name

Parent Signature (for youth journals)

6 chs chm chl
 as am al axl axxl

Circle your T-shirt size

