



SELF CONTROL

First & Last Name: _____

Self control is control of your actions, feelings, and behavior. Every day, we encounter times where our self control is tested. For example, it can be tempting to talk to your friends, classmates, and other students while the teacher is teaching in school. Remember the teacher is there to help you learn and it is important to show self control and respect for your teacher by resisting the temptation to let your focus be broken and not exhibiting behavior that demonstrates poor self control.

1. How I show my self control:

By not complaining about _____.

By paying attention to _____.

By cooperating with _____.

2. How can you show self control in school?

3. What are some specific ways you use self control in your life?

4. How can self control help you reach your goals?
