



# Self-Discipline Sheet

Self-Discipline—Controlling those things that you say and do!

Write down something you did around the house or at school that you did not have to be told to do by an adult. Bring this sheet to class when you have 10 lines completed and you will receive a Life Skills Stripe. A total of 3 stripes may be earned per sheet. Parent's MUST sign each set of 10

Student Name: \_\_\_\_\_

1 _____	6 _____
2 _____	7 _____
3 _____	8 _____
4 _____	9 _____
5 _____	10 _____

Parent Signature/Date: \_\_\_\_\_

Instructor Signature/Date: \_\_\_\_\_

1 _____	6 _____
2 _____	7 _____
3 _____	8 _____
4 _____	9 _____
5 _____	10 _____

Parent Signature/Date: \_\_\_\_\_

Instructor Signature/Date: \_\_\_\_\_

1 _____	6 _____
2 _____	7 _____
3 _____	8 _____
4 _____	9 _____
5 _____	10 _____

Parent Signature/Date: \_\_\_\_\_

Instructor Signature/Date: \_\_\_\_\_

**Doing What You Should NOT What You Want!!**