

Self -Discipline Chart

Self Care & Responsibility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I brushed my teeth and hair morning & night							
I put my personal belonging away							
I put dirty clothes in the Laundry							
I kept my room tidy							
I finished all of my homework							
Respect	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I used "please" and "thank you"							
I showed Respect to everyone							
I listened to my family							
I did not fight with my family							
I paid attention and listened to my teachers							
Black Belt Excellence	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I practiced Martial Arts at Home							
I demonstrated Patience							
I had a Positive Attitude							
I practiced my Student Pledge							
I Performed One Random Act of Kindness							

SELF-DISCIPLINE

Self-Discipline means doing the things you are responsible for or doing the right thing without being reminded to do it.