



ROUND 1: RESPONSIBILITY & SELF CONTROL



Self-Discipline means doing the right thing and doing your responsibilities without being told or reminded.

SELF CARE	M	T	W	TH	F	SA	SU	M	T	W	TH	F	SA	SU
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	M	T	W	TH	F	SA	SU	M	T	W	TH	F	SA	SU
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														
BBE	M	T	W	TH	F	SA	SU	M	T	W	TH	F	SA	SU
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														

"Discipline is the bridge between goals and accomplishments" - Jim Rohn

STUDENT NAME: _____ FAMILY SIGNATURE: _____