

## RESOURCES

### Activity 1

#### Gaining Self-Discipline

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**Instructions:** Decide on some personal improvements you want to accomplish in different areas of your life. Write them down. For example, you may choose to do homework as soon as you get home, rather than wait until after dinner. Or you may choose to go out of your way to be friendly to someone new at school. Or you may decide to clean your room on a regular basis without being asked. Think of one to three goals in each area. Determine whether you'll be working on each goal on a daily or weekly basis. Keep track of how well you do.

#### SCHOOL

ACTIVITY OR GOAL

DAILY/WEEKLY

1.

2.

3.

#### HOME

ACTIVITY OR GOAL

DAILY/WEEKLY

1.

2.

3.

#### HEALTH

ACTIVITY OR GOAL

DAILY/WEEKLY

1.

2.

3.

#### FRIENDSHIPS

ACTIVITY OR GOAL

DAILY/WEEKLY

1.

2.

3.

**COMMUNITY SERVICE**

ACTIVITY OR GOAL

DAILY/WEEKLY

1.

2.

3.

**PERSONAL DEVELOPMENT**

ACTIVITY OR GOAL

DAILY/WEEKLY

1.

2.

3.

**OTHER**

ACTIVITY OR GOAL

DAILY/WEEKLY

1.

2.

3.