



VALUE WORKSHEET #7

Discipline



Being DISCIPLINED is acting according to the rules. When you are DISCIPLINED, you can have better self-control over your life.

_____ What are three rules that you have to follow at home?

- 1.
- 2.
- 3.

_____ Pick one rule at home that is hard for you to follow. Focus on following it this week!

_____ What are three rules that you have at school?

- 1.
- 2.
- 3.

_____ Show your discipline and self-control by standing like a black belt during each class at Taekwondo this week!

_____ Why is the following the rules important?

- 1.