

# Self-Discipline List

By completing the tasks on this list, you are showing how serious you are about Karate by practicing true self-discipline on a consistent basis.

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

<b>Things To Do</b>	<b>Sun</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
I made my bed all by myself without being told.							
I brushed my teeth all by myself.							
I put my things back after I used them.							
I put my dirty clothes where they belong.							
I helped my parents by doing other chores around the house.							
I did my homework after school.							
I cleaned my room all by myself.							
I treated my family with love and respect.							
I practiced Karate at home in a safe manner.							
I show awesome self-discipline every day!							