



SELF-DISCIPLINE SHEET

Develop Good Habits that Last a Lifetime



Student Name : _____

Date : _____

Belt : _____

YOU ARE ON A QUEST TO BE YOUR BEST!!

Write down something new you did around the house or at school that you DID NOT have to be told to do by an adult or did after being asked once. Bring this sheet to class when you have 10 lines completed and you will receive a CHARACTER Stripe on your Belt! (Minimum of 10 character stripes are required to belt test)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Parents or Guardian Signature: _____

Date: _____



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