



SELF-CONTROL IS THE ABILITY TO RESTRAIN
YOUR IMPULSES AND ACTIONS

Write down three ways that you showed self-control by exercising restraint of your behavior or desires; first, at the studio, then, at school or work, and finally, at home:

At the studio: _____

At school or work: _____

At home: _____

How are you vulnerable when you lack self-control?

How are other people affected by your choices about self-control?



List five reasons why you should show self-control:

1. _____
2. _____
3. _____
4. _____
5. _____

4

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WORKSHEET

“Whoever has no rule over his own spirit (someone without self-control) is like a city broken down, without walls.” - Proverbs 25:28

Shepherd-Warrior Martial Arts
1212 Grand Ave, Ste. 11
Billings, MT 59102
(406) 591-2864
www.shepherdwarriormartialarts.com