



SELF-DISCIPLINE MEANS BOTH USING RESTRAINT & DOING WHAT IS RIGHT OR SENSIBLE ON YOUR OWN.

Write down three ways that you showed self-discipline by controlling your actions or doing the right thing; first, at the studio, then, at school or work, and finally, at home:

At the studio: _____

At school or work: _____

At home: _____

Discipline comes from the word disciple. How does one disciple one's self?

Discipline is not always a negative thing. How could it be seen as a positive?



List five ways that you will work on showing more self-discipline:

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



WHITE BELT
WORKSHEET

“For God has not given us a spirit of fear and timidity, but of power, love and self-discipline.”

- 2 Timothy 1:7

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