

# SELF DISCIPLINE SHEET



STUDENT NAME \_\_\_\_\_ AGE \_\_\_\_\_ BELT \_\_\_\_\_

Each time you help out at home without being asked, write down how you helped out. Once you have helped out at home ten times (outside of your regular expectations), turn in your sheet to receive a "Self Discipline" stripe. Each sheet is worth three attitude stripes.

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

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_ Stripe

Instructor Signature \_\_\_\_\_ Date \_\_\_\_\_

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

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_ Stripe

Instructor Signature \_\_\_\_\_ Date \_\_\_\_\_

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

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_ Stripe

Instructor Signature \_\_\_\_\_ Date \_\_\_\_\_

If you want to receive your **SELF DISCIPLINE AWARD** at the graduation, turn in this sheet fully completed on your PRE-TESTING/TESTING DAY (Not on Graduation or the Brown/Black Belt Test). You can only receive ONE Self Discipline Award per cycle, but you can receive UNLIMITED attitude stripes for helping at home!

# SELF DISCIPLINE SHEET



## IDEAS TO HELP AT HOME

<b>CLEAN ROOM</b>	<b>Other Ways to help?</b>
Make my own bed	
Hang up my clothes	
Put my things away	
<b>SELF CARE</b>	
Brush my teeth (morning and night)	
Take my bath (Hung up towel/washcloth after)	
Put all dirty clothes in the laundry	
Lay out my school clothes	
<b>SCHOOL/WORK</b>	
Complete homework promptly	
Did I work hard and take pride in my work/lessons today?	
Remember lunch money, notes to/from teacher, library books, projects etc.	
Did I treat my classmates / co-workers and teachers with respect?	
<b>FAMILY</b>	
Pick up all personal belongings around the house	
Clean up after meal (take out trash)	
Did I treat my parents/spouse and siblings with respect?	

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