

Diligence



What Is Diligence?

Diligence is working hard and doing the best job you possibly can. When you are diligent, you take special care to do things step by step. You think and move carefully to make sure things will turn out right. Being diligent is being industrious, giving all you have to give to whatever you do.

Why Practice It?

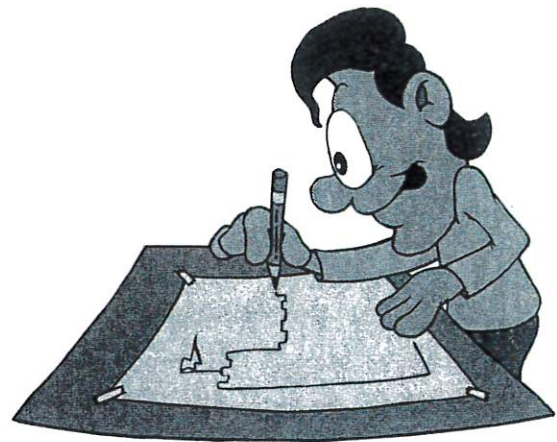
Without diligence, people act lazy and don't get much done. They act as if what they do doesn't count, rush through it or just do the least amount possible. Diligence helps you to get things done with excellence and enthusiasm. Diligence leads to success. When you are diligent about the things you do, people rely on you and trust you to give your best effort.



How Do You Practice It?

You practice diligence by deciding what you can do and then giving it all you have to give. You treat each action as important and do things carefully, one step at a time. You don't rush through things. You give them your full attention. Diligence takes patience. When you work hard, you can accomplish wonderful things.

The Virtues Project



What would Diligence look like If...

- You are washing the dishes for your family?
- You are doing an assignment you find boring?
- You want to be a musician?
- Some friends ask you to come out when you have a job to do?
- You feel like taking a break in the middle of a job?
- You have an idea for something you want to build?

Signs of Success

Congratulations! You are practicing Diligence when you...

- Pay attention to what you are doing
- Do things carefully, step by step
- Practice to the point of excellence
- Give your absolute best to what you do
- Work hard
- Don't give up

Affirmation

I am diligent. I work hard. I work carefully. I give my best to whatever I do.

Activities with Diligence



Activities with Diligence

Give students a task that involves intricate sorting, such as different shapes of beads, or a sewing project. Invite them to do it with diligence.



Virtues Reflection Questions

- What do dishes look like when they are done without diligence?
- What do dishes look like when they are done with diligence?
- What difference could diligence make in your future success?
- Name three successful people and describe how they showed diligence in their careers.
- Name some jobs in which diligence is essential.
- What would it be like if people did a rushed, careless job of
 - building a bridge
 - performing an operation
 - painting a house
 - working in a laboratory.



Poster Points

- Giving my best.
- Giving my all.
- A careful and thorough worker.
- Hard work leads to success.



Quotable Quotes

"Learning is not attained by chance, it must be sought for with ardor and attended to with diligence." Abigail Adams

"Diligence is the mother of good fortune." Cervantes

"Failure and success are not accidents, but the strictest justice." Alexander Smith

"Everything comes to the one who waits, if he works while he waits." Anonymous

"Luck is what happens when preparation meets opportunity." Elmer Letterman

"The trouble with opportunity is that it often comes disguised as hard work." Anonymous

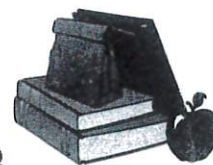
"Genius is 10% inspiration, 90% perspiration." Thomas Alva Edison



Drawing Diligence

On one side draw someone doing an important job without diligence, on the other with diligence.

Generosity

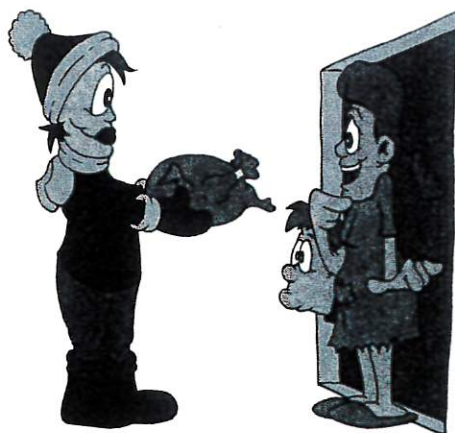


What is Generosity?

Generosity is giving and sharing. It is giving freely because you want to, not with the idea of receiving a reward or a gift in return. Generosity is being aware that there is plenty for everyone. It is seeing a chance to give what you have and then giving just for the joy of giving. It is one of the best ways to show love and friendship.

Why Practice It?

Without generosity, people act uncaring, refusing to share their belongings, their time, and their friendship. People who need help feel helpless because no one will give them what they need. When we give freely, especially if a sacrifice is involved, our spirit grows strong. When one person is generous, other people want to be generous too.



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How Do You Practice It?

When you are generous, you think of ways to share what you have. You think about what people need and do things to give them happiness. You share your time, your ideas, your things, or your money. When you give away something that is really special to you, that is a very generous way to show love. It feels good to give freely, just for the sake of giving.

The Virtues Project



What would Generosity look like if...

- A friend comes over to play the day after your birthday and you have a new toy?
- Someone who has broken your things before wants to borrow your favorite thing?
- Your father is cooking dinner and needs someone to set the table, and you're watching a good TV show?
- A student in your class has forgotten her lunch and doesn't have any money?
- Someone's birthday is coming up and you wonder what to get him?
- You learn that there are children somewhere who are hungry and do not have enough clothing?

Signs of Success

Congratulations! You are practicing Generosity when you...

- Are thoughtful about the needs of others
- Notice when someone needs help
- Give freely without expectation of reward
- Give fully without holding back
- Are willing to make sacrifices for others
- Use wisdom about sharing treasured belongings

Affirmation

I am generous. I look for opportunities to give and to share. There is plenty of time for thoughtfulness. I give freely, fully, and joyfully.

Activities with Generosity



Generosity List

Make a list of ways you can be generous

- with your time and energy
- with your belongings

Think of something generous to do for someone in your family and do it!

Gift Wish Box

Decorate a small recycled box or tissue container. Make some paper hearts and write on each of them some gifts you wish to give others, such as an act of service (washing the dishes, setting the table), or a toy you are willing to share for a day. Let someone take a heart out of the box, and then be generous!



Virtues Reflection Questions

- ❶ When do you find it most difficult to share? When do you feel like sharing?
- ❷ How do you feel when someone does not share with you? How do you feel when someone does share with you?
- ❸ What helps you to be generous?
- ❹ Who is it hard to be generous to? Who is it easy to be generous to?
- ❺ Have you ever sacrificed something that was important to you? How did that feel?
- ❻ When is it important to balance generosity with assertiveness about what you choose to share?
- ❼ What boundaries do you need to set with people who are not gentle with your things?
- ❽ Name three ways you can be generous at home today.



Drawing Generosity

Draw three of your favorite things. Are these things to share or things to keep only for your own use? (Deciding that is up to you!) Include one thing that you are willing to share.



Poster Points

- ❶ Giving freely, giving fully.
- ❷ Giving joyfully.
- ❸ Sharing yourself.
- ❹ The more we give the more we have.



Quotable Quotes

"What goes around comes around." Unknown

"One of the marks of true genius is a quality of abundance." Catherine Drinker Bowen

"A man of humanity is one who, in seeking to establish himself, finds a foothold for others and who, desiring attainment for himself, helps others to attain." Confucius

"A cheerful giver does not count the cost of what he gives. His heart is set on pleasing and cheering him to whom the gift is given." Julian of Norwich

"The more one gives, the more one has." Chinese Proverb

"Whatever you give to others is also a gift to yourself." Sanaya Roman

Generosity

"THE GIFT WHICH IS GIVEN WITHOUT
THOUGHT OF RECOMPENSE, IN THE
BELIEF THAT IT OUGHT TO BE MADE,
IN A FIT PLACE, AT AN OPPORTUNE
TIME AND TO A DESERVING PERSON
— SUCH A GIFT IS PURE."

Bhagavad-Gita 17:20

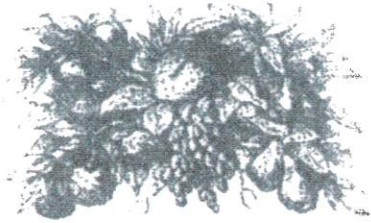


Generosity is giving and sharing. It is giving freely because you want to, not with the idea of receiving attention, a reward or a gift in return. Generosity is a quality of the spirit. It is an awareness that there is plenty for everyone. It is seeing an opportunity to share what you have and then giving just for the joy of giving. Generosity is one of the best ways to show love.

Generosity

You are practicing Generosity when you...

- ☐ Are thoughtful about the needs of others.
- ☐ Notice when someone needs help.
- ☐ Give freely without hope of reward.
- ☐ Give fully, without holding back.
- ☐ Are willing to make sacrifices for others.
- ☐ Use wisdom about sharing treasured belongings.



I am generous. Today, I will look for opportunities to give and to share.

There is plenty of time for thoughtfulness. I will give freely, fully and cheerfully.

Honor



What is Honor?

Honor is living with a sense of respect for what you believe is right. It is living by the virtues, showing great respect for yourself, other people, and the rules you live by. When you are honorable, you don't have to feel ashamed of who you are or what you are doing. You are worthy of respect. You set a good example.

Why Practice It?

Without honor, people act disrespectfully and do things which make them and others feel ashamed. They just do what they want without caring about the virtues or whether it is right or wrong. When someone is honorable, other people trust them to do what is right. Their word of honor means they will do exactly what they promise. People respect and look up to someone who is honorable.



How Do You Practice It?

When you act with honor, you do the right thing regardless of what others are doing. You keep your promises, without anyone reminding or nagging you. You honor your elders by speaking respectfully to them. You honor yourself by being your best, practicing your virtues every day. When you act with honor, you set a good example, not to be admired, but just because it is the right thing to do.

The Virtues Project



What would Honor look like if...

- Your friend told you a secret?
- You are mad at your mother when she asks you to do something?
- A friend tries to get you to steal some money to go to a movie?
- You find some money in the school hallway?
- Everyone is teasing a child in the playground?
- You promised to practice your instrument while your parents are out?

Signs of Success

Congratulations! You are practicing Honor when you...

- Practice your virtues
- Keep your word
- Respect the rules you want to live by
- Do what you believe is right no matter what
- Set a good example for others
- Avoid doing things which make you feel ashamed

Affirmation

I am honorable. I keep my agreements and treat others with respect. I live by the virtues. I care about doing the right thing.

Activities with Honor



Code of Honor

Create a code of honor for your school or class that reflects the values and ground rules you have.



Virtues Reflection Questions

- ❶ Name a character from a story or film who lives honorably?
- ❷ Name a person you know you can trust because that person is honorable.
- ❸ Name three things that are in your personal code of honor, the rules you want to live by.
- ❹ How can you make sure to keep your agreements?
- ❺ How could you be honorable after making a mistake?
- ❻ Practice honoring people in your class by saying "I honor you for the virtue of ... (name a virtue you see in them.) and I see it in you when you..."
- ❼ How can you be loyal to your friends and honorable to what you think is right even when they don't?



Drawing Honor

Create your personal shield of honor, the virtues that are in your own code of honor and drawings that represent these strengths. Do it in four quadrants. Put in the top left

quadrant one of your strength virtues, in the top right quadrant one of your family's strength virtues, in the lower left, the word "Joy", in the lower right one of your challenging or "growth" virtues, one that needs to grow. Draw a symbol or illustration of the virtue in each quadrant.



Poster Points

- ❶ On my honor.
- ❷ Word of honor.
- ❸ Code of honor.
- ❹ Doing the right thing.



Quotable Quotes

"If peace cannot be maintained with honor, it is no longer peace." John Russell

"My honor is dearer to me than my life."
Cervantes

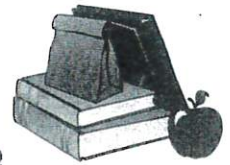
"Piety requires us to honor truth above our friends." Unknown

"There is no pillow so soft as a clear conscience." French proverb

"If you wouldn't write it and sign it, don't say it." Anonymous

"If you seek what is honorable, what is good, what is the truth of your life, all the other things you could not imagine come as a matter of course." Oprah Winfrey

Integrity



What is Integrity?

Integrity is standing up for what you believe is right, living by your highest values. It is being honest and sincere with others and yourself. You are integrous when your words and actions match. You don't fool yourself into doing what you know is wrong. You fill your life and your mind with things that help you to live a good, clean life.

Why Practice It?

Without integrity, no one would be able to trust each other to do what they say they are going to do. Integrity helps us to listen to our conscience, to do the right thing, to tell the truth. When people act with integrity, they stand for something. Others believe them and rely on them. Integrity gives us self-respect and a peaceful heart.



How Do You Practice It?

You practice integrity by thinking about the virtues that matter to you and doing your best to live by them. When you make a mistake, you clean it up. You don't follow the crowd. You think for yourself. You don't say one thing and do another. You do the right thing even when no one is watching. Even when it is hard to do the right thing, you stand strong.

The Virtues Project



What would Integrity look like if...

- All your friends are going to a movie your parents don't want you to see?
- You promised your friend you would keep her secret?
- The teacher has left the room?
- You find a jacket at school and it's nicer than yours?
- Other people are cheating on a test?
- You have agreed to do a job and it becomes too hard?

Signs of Success

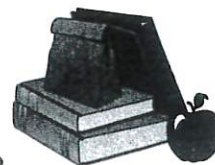
Congratulations! You are practicing Integrity when you...

- Think about what virtues you care about
- Stand strong for what you believe
- Willingly clean up mistakes
- Do the right thing even when it is hard
- Think for yourself and avoid temptation
- Are your own leader

Affirmation

I have integrity. I mean what I say and say what I mean. I stand up for what I feel is right. I am my own leader.

Activities with Integrity



Role Play

Discuss situations that tempt us to cheat, lie or compromise our principles such as finding something we really like that doesn't belong to us. Then role play the scenario showing what it would look like with the practice of integrity.

What I Stand For

Make a list of three to five virtues that are most important in your code of honor, the ones you want to live by.



Virtues Reflection Questions

- ❶ What would a friendship be like without integrity?
- ❷ What would a friendship be like if both people were integrous?
- ❸ How do people feel around someone who doesn't do what they say they will do?
- ❹ What would help you to do the right thing even if others are trying to lead you into temptation?
- ❺ When is it hard for you to practice integrity? When is it easier for you to practice integrity?
- ❻ What do you think are the most important virtues?



Drawing Integrity

Make an integrity collage of the virtues you care about, with pictures and words.



Poster Points

- ❶ Doing the right thing.
- ❷ Standing strong for what I believe.
- ❸ Standing up for justice.
- ❹ What you see is what you get.
- ❺ I mean what I say and say what I mean.



Quotable Quotes

"The only thing necessary for the triumph of evil is for enough good men to do nothing."

Attributed to Edmund Burke

"If we don't stand for something, we'll fall for anything." Vic Kitchen

"We can change our whole life and the attitude of people around us simply by changing ourselves." Rudolf Dreikurs

"In matters of style, swim with the current, in matters of principle, stand like a rock."

Thomas Jefferson

"Character is destiny." Heraclitus

"Remorse is the echo of lost virtue."

Bulwar Lyton

"Compromise to please others is not as good as integrity that annoys others." Huanchu Daoren

"What you are speaks so loudly, I can't hear what you're saying." Ralph Waldo Emerson

Modesty



What is Modesty?

Modesty is having self-respect. When you practice modesty, you are not showy or boastful. Modesty comes when you have self-acceptance and quiet pride. Modesty is to value yourself and to have a sense of respectful privacy about your body. Modesty is also accepting praise with humility and gratitude.

Why Practice It?

Without modesty, people do things to attract attention. They brag and boast. They dress in a way that is disrespectful to themselves and their bodies. They even allow others to take advantage of them in disrespectful ways. Without modesty people don't set boundaries about how they wish to be touched or not touched. With modesty, people respect themselves and others respect them, too.



How Do You Practice It?

Modesty is being comfortable with yourself. It is knowing you have special gifts and that others do as well. You practice modesty by not letting other people use you. You are respectful of your body and your privacy, and you expect others to be, too. If anyone touches you in a way that doesn't feel right, tell an adult you trust. Don't keep it a secret. When you are modest, you enjoy dressing in a way that shows self-respect.

The Virtues Project



What would Modesty look like if...

- A friend tries to convince you to buy a revealing outfit because everyone else is wearing it?
- Someone starts to tease you and tickle your private parts?
- You played really well and your team won the game?
- Someone wants to kiss you and you don't want them to?
- You feel like bragging about something good you did?
- You feel uncomfortable about the way a relative is touching you?

Signs of Success

Congratulations! You are practicing Modesty when you...

- Are comfortable being who you are
- Respect yourself
- Do not permit anyone to abuse your body
- Set boundaries about your right to privacy
- Dress in a way that feels right to you
- Share your victories without boasting

Affirmation

I am modest. I have no need to brag. I dress in a way that shows respect for myself and others. I protect myself from disrespectful attention.

Activities with Modesty



Dress Code

Talk about how a dress code can help people to dress in a way that shows respect for their bodies and for others. If your school has a dress code, make an illustrated poster of the rules.



Poster Points

- Expect respect.
- Share the victories.
- Thankful, not boastful.
- Share the glory.
- Dress for success.



Virtues Reflection Questions

- How would it feel to be on a team and have someone else take all the credit for a win?
- How can you show modesty if you have made a great play in a game?
- How could you enjoy your victory and still be modest?
- Name three ways to protect yourself from unwanted touching by others?
- What would you do if someone in your family touched you inappropriately?
- What is your favorite outfit, one that feels like it's really "you"?



Quotable Quotes

"We come nearest to the great when we are great in humility." Rabindrath Tagore

"We do not possess our homes, our children, or even our own body. They are given to us for a short while to treat with care and respect."
Jack Kornfield

"I discovered I always have choices and sometimes it's only a choice of attitude."
Judith M. Knowlton

"I cannot and will not cut my conscience to fit this year's fashions." Lillian Hellman



Drawing Modesty

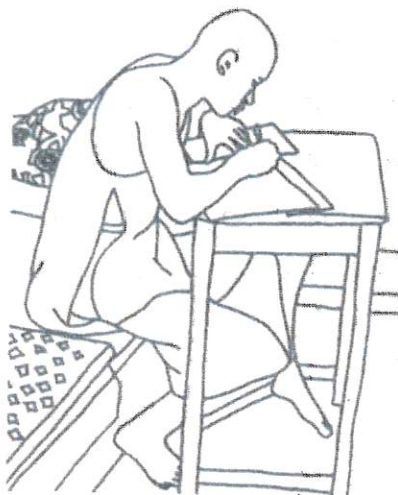
Draw people on a team sharing the glory with each other.

"Never esteem anything as of advantage to you that will make you break your word or lose your self-respect."
Marcus Aurelius Antoninus

Modesty

"HE HAS TOLD YOU...WHAT IS GOOD,
AND WHAT THE LORD REQUIRES OF
YOU: ONLY TO DO JUSTICE AND TO
LOVE GOODNESS AND TO WALK
MODESTLY WITH YOUR GOD."

Micah 6:8



Modesty is having a sense of self-respect. People who practice modesty are not showy or boastful. Modesty comes when you have a sense of self-acceptance and quiet pride. Modesty means to accept praise without getting conceited or puffed up with a feeling of superiority. You are grateful for your gifts and you know that others have gifts too.

Modesty

You are practicing Modesty when you...

- ☐ Are comfortable being who you are.
- ☐ Respect yourself.
- ☐ Do not permit anyone to abuse your body.
- ☐ Dress in a way which feels right to you, not to attract attention.
- ☐ Share your victories without boasting.
- ☐ Share the credit with others who deserve it.



*I am modest. I have no need to brag or
attract attention. I am worthy of
attention just as I am.*

Patience



What is Patience?

Patience is quiet hope and trust, expecting things to turn out all right. Patience is being calm and tolerant when difficult things happen. It means showing acceptance when you or others make mistakes. Patience is doing something now so that later it will bear fruit, like planting a seed and waiting for it to grow. Patience is a commitment to the future.

Why Practice It?

Without patience people want everything NOW. They complain when unpleasant things cannot be helped. They act mad when things don't go their way. When people practice patience, they can wait without complaining. They forgive others and themselves for mistakes. They make the world a kinder, gentler place.



How Do You Practice It?

Practicing patience is accepting things you cannot control, like the way other people act, or even an illness or handicap you have to live with. Patience is waiting without complaining. When you are patient, you show gentleness when you or others make mistakes. You set goals and persevere until your goals are won. You picture the end in the beginning. You know that good things take time.

The Virtues Project



What would Patience look like If...

- Your mother is very late picking you up and you have been waiting for a long time?
- You decide you want to be a lawyer when you grow up?
- You want to grow some vegetables?
- You start to get annoyed when your sister forgets to put back something she borrowed?
- You wish you were taller?
- You have an illness that keeps you from playing your favorite sport?

Signs of Success

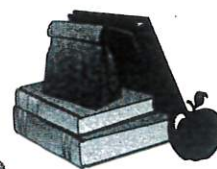
Congratulations! You are practicing Patience when you...

- Calmly tolerate a delay or confusion
- Are willing to wait for things you want
- Set goals and stick with them until they are finished
- Do something now that will help you in the future
- Accept things you cannot change with humor and grace
- Are tolerant when mistakes are made

Affirmation

I am patient. I am gentle with others and myself when we make mistakes. I wait calmly. I trust that things will turn out right.

Activities with Patience



Window Garden

- Have a window box garden in which children can plant some colorful and fast growing flowers such as nasturtiums and marigolds as well as some herbs to bring home to their parents.
- Have children bring flowers they grow to share with other classrooms.
- Name the various flowers by virtues names: Moderate marigolds, Patient petunias, etc.



Virtues Reflection Questions

- When do you find it hard to be patient?
- What can you do to be patient when someone is late?
- Name three things you can do now that will help you to have an excellent career?
- What would help you to be more patient with family members?
- What are seeds doing when they are underground and we can't see them?
- What do seeds need in order to grow?
- What do you need in order to grow your patience?



Drawing Patience

Draw a beautiful garden.



Poster Points

- All will be well.
- Wait for it.
- Take life as it comes.



Quotable Quotes

"Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish." John Quincy Adams

"I want patience and I want it now!"
Anonymous

"Help us always to be hopeful gardeners of the spirit who know that without darkness nothing comes to birth as without light nothing flowers."
May Sarton

"Patience, patience, patience is what the sea teaches." Anne Morrow Lindburgh

"Patience may be defined as that quality of life which makes suffering creative; and impatience as that whereby suffering becomes a destructive force." Robert Llewelyn

"Patience and diligence, like faith, remove mountains." William Penn

Patience

"O YOU WHO BELIEVE, SEEK
COURAGE IN FORTITUDE AND
PRAYER, FOR GOD IS WITH
THOSE WHO ARE PATIENT
AND PERSEVERE."

Al-Qur'an, 2:153



Patience is quiet hope and expectation based on trust that, in the end, everything will be all right. Patience means waiting. It is enduring a delay or troublesome situation without complaining. It means having self-control because you can't control the way someone else is acting or when things don't go as you'd like. Patience is being calm and tolerant when difficult things happen.

Patience

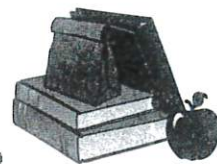
You are practicing Patience when you...

- ☐ Calmly tolerate a delay or confusion.
- ☐ Are willing to wait for things you want.
- ☐ Set goals and stick with them until they are completed.
- ☐ Do something now which will help you in the future.
- ☐ Accept things you cannot control with humor and grace.
- ☐ Are gentle with others when they make mistakes.



*I am patient. I am gentle with other
and myself when we make mistakes.
I set goals and persevere until my goals
are won. I trust God that
all will be well.*

Perseverance



What Is Perseverance?

Perseverance is being purposeful and steadfast. It is sticking to something, staying committed, no matter how long it takes or what obstacles appear to stop you. A good example is the story of the tortoise and the hare. Even though the tortoise was slower than the hare, he won the race because he persevered – he didn't let anything stop him or distract him. He kept on going.

Why Practice It?

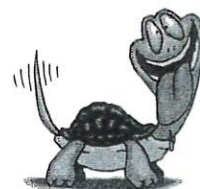
Without perseverance, people give up on things easily. They don't keep their promises. When we persevere, people can depend on us to finish what we start and to keep our commitments. When we persevere, we stay friends even when the friendship is tested. We don't give up until a problem is solved.



How Do You Practice It?

You practice perseverance by committing to someone or something. Choose your commitments wisely and then stick with them. When you commit to a task, pace yourself, and be persistent, doing it step-by-step. Stand by your friends even when they aren't much fun, or are having a hard time. When trouble or doubts come up, be like a strong ship in a storm. Don't let yourself become battered or blown off course. Just ride the waves.

The Virtues Project



What would Perseverance look like if...

- You begin to feel bored being with a long-time friend?
- You are in the middle of a hard job and begin to feel tired?
- You have spent a lot of time practicing a sport or dance and doubt if you have what it takes?
- Your family is hiking to the top of a mountain and you don't think you can make it?
- You are doing something you have never done before and are afraid you won't get it right?
- Your best friend moves away and you don't want to forget each other?

Signs of Success

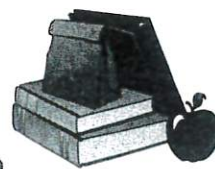
Congratulations! You are practicing Perseverance when you...

- Think before deciding to commit to someone or something
- Pace yourself
- Set goals and stick with them until they are completed
- Take one step at a time, remaining steady
- Don't let doubts or tests blow you off course
- Stand by your friends and loved ones

Affirmation

I have perseverance. I keep a steady pace in what I choose to do. I keep on keeping on. I finish what I start. I am a loyal and committed friend.

Activities with Perseverance



A Story of Perseverance

Share the Aesops Fable of the Tortoise and the Hare and discuss.



Virtues Reflection Questions

- ❶ When in your life have you been like the Hare?
- ❷ When in your life have you been like the Tortoise?
- ❸ How can you tell if you want to commit to a new friend?
- ❹ What qualities do you look for in a friend?
- ❺ How do the following jobs need perseverance? What would happen if people in these roles did not persevere?

Parent
Fire-fighter
Professional Athlete
Teacher
Inventor



Drawing Perseverance

Draw a picture of someone doing a job that takes perseverance.



Poster Points

- ❶ Keep on keepin' on.
- ❷ I finish what I start.
- ❸ Riding the waves.
- ❹ A winner never quits.



Quotable Quotes

"Success comes in cans. Failure comes in can'ts." Fred Seely

"Just don't give up trying to do what you really want to do. Where there's love and inspiration, I don't think you can go wrong." Ella Fitzgerald

"Never give up!"
Otto Frank (Anne Frank's father)

"The sense of obligation to continue is present in all of us. A duty to strive is the duty of us all. I felt a call to that duty." Abraham Lincoln

"Keep on keepin' on." African-American saying

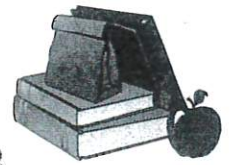
"Nothing in the world can take the place of Persistence. Talent will not; nothing is more common than unsuccessful men with talent...Persistence and determination alone are omnipotent." Anonymous

"Never let me be burdened with sorrow by not starting over." Native American tradition

"Take everything as it comes; the wave passes, deal with the next one." Tom Thomson

"A winner never quits and a quitter never wins." Unknown

Self-Discipline



What is Self-Discipline?

Self-discipline means self-control. It is getting yourself to do what you really want to do, rather than being tossed around by your feelings like a leaf in the wind. You don't lose control of yourself when you feel hurt or angry, but decide how you are going to talk and what you are going to do. With self-discipline, you take charge of yourself.

Why Practice It?

When you practice self-discipline, you are controlling your own behavior so others don't have to. Self-discipline brings you freedom. You get things done efficiently and have order in your life. Without self-discipline, we procrastinate. We eat things we shouldn't. We lose control of our emotions. Then people feel hurt. With self-discipline, life is more peaceful.



How Do You Practice It?

Observe your feelings and thoughts, then decide how you are going to behave. If you feel angry, instead of yelling or hitting, you can acknowledge your anger, then use a calm voice to tell someone you are angry and why. It is your choice. Create routines that bring order and peace to your day, such as when to wash, exercise, work and play. Set limits for yourself, like time on the phone, how much TV you watch, the number of sweets you eat – enough but not too much.

The Virtues Project



What would Self-Discipline look like if...

- You have put off doing a big job for some time?
- You are really angry when your brother starts wrestling with you?
- Your family has a rule of two sweets after school but no one is watching?
- You notice you are watching too much TV and feeling lazy?
- You decide you need a new daily routine?
- You keep getting punished for breaking a rule?

Signs of Success

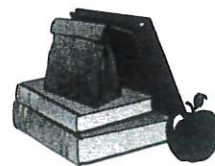
Congratulations! You are practicing Self-Discipline when you...

- Use detachment so your emotions won't control you
- Speak and act calmly when you are hurt or angry
- Get things done in an orderly, efficient way
- Create routines for yourself
- Do what is expected without people having to watch over you
- Do things on time

Affirmation

I have self-discipline. I use my time well and get things done. I choose my actions with detachment.

Activities with Self-Discipline



Personal Map

Make a map of how you spend your time on a typical day, illustrating what you do, where you go, ending with going to bed. Discuss things you want to keep in your routine and things you would like to change.



Virtues Reflection Questions

- ❶ What are some problems we might have if we didn't use self-discipline?
- ❷ What are some of the benefits of self-discipline?
- ❸ What does it feel like to lose control of our emotions?
- ❹ When is it most difficult to feel in control of our emotions?
- ❺ Name three things you can do to stay in charge of yourself when you feel angry?
- ❻ How can you stop yourself from watching too much TV?
- ❼ What could you do instead?



Drawing Self-Discipline

Draw someone doing a task or job that requires a lot of self-discipline.



Poster Points

- ❶ My time is my own.
- ❷ My choice.
- ❸ I am the captain of my ship.
- ❹ Plan Ahead (with last letters crowding the margins).
- ❺ Being in charge of myself.
- ❻ Being my own leader.



Quotable Quotes

"I am the master of my fate; I am the captain of my soul." William Ernest Henley

"Procrastination is the thief of time"
Edward Young

"I don't wait for moods. You accomplish nothing if you do that. Your mind must know it has to get down to work." Pearl Buck

"What it lies in our power to do, it lies in our power not to do." Aristotle

"He who conquers others is strong. He who conquers himself is mighty." Lao-Tze

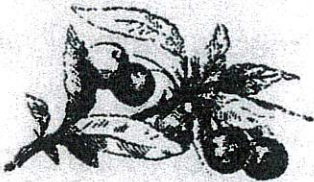
"Discipline puts back in place that something in us which should serve but wants to rule."
A. Carthusian

"Consistency is the key to true success...the people who get the better grades, are the ones who are consistently self-disciplined."
Jim Paluch

Self-discipline

You are practicing Self-discipline when you...

- ☐ Use detachment so your emotions won't control you.
- ☐ Speak and act calmly when you are hurt or angry.
- ☐ Get things done in an orderly and efficient way.
- ☐ Create routines for yourself.
- ☐ Do what is expected without people having to remind you.
- ☐ Do things on time.



I have self-discipline. I use my time well and get things done. I choose my actions with detachment.

Self-Discipline

"DISCIPLINE, TO BE SURE, IS NEVER PLEASANT; AT TIMES IT SEEMS PAINFUL, BUT AFTERWARDS THOSE WHO HAVE BEEN TRAINED BY IT REAP THE HARVEST OF A PEACEFUL AND UPRIGHT LIFE."

The Letter of Paul to the Hebrews 12:11



Discipline means control: self-discipline is self-control. It means getting yourself to do what is important to do, rather than being a leaf in the wind of your thoughts or feelings. With self-discipline, you can be moderate. You don't lose control of yourself when you feel hurt or angry, but decide how you are going to talk and what you are going to do. With self-discipline, you take charge of yourself.