



# VALUE WORKSHEET #7

## Discipline

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**Being DISCIPLINED is acting according to the rules. When you are DISCIPLINED, you can have better self-control over your life.**

\_\_\_\_\_ What are three rules that you have to follow at home?

1.

2.

3.

\_\_\_\_\_ Pick one rule at home that is hard for you to follow. Focus on following it this week!

\_\_\_\_\_ What are three rules that you have at school?

1.

2.

3.

\_\_\_\_\_ Show your discipline and self-control by standing like a black belt during each class at Taekwondo this week!

\_\_\_\_\_ Why is the following the rules important?

1.

