



**DUE DATE**  
November 2021  
Remember these sheets are  
your responsibility, not your  
parents

Student's Name \_\_\_\_\_  
Student's Belt Rank \_\_\_\_\_

## Yuen's Family Martial Arts Centre

# DISCIPLINE



*Discipline is the bridge between goals and achievements*

### What Is Discipline?

Discipline means training oneself to do what needs to get done, when it needs to get done. It means doing what you said you were going to do. Keeping your commitments. Following through with what you set out to accomplish.

Self-discipline is special in that it specifically involves you. It's about being internally motivated. That means nobody has to remind or bug you to do something. You will accomplish it by yourself.

### Activity: Lack of Discipline?

*Circle if the following examples are showing discipline or a lack of discipline.*

Quinn interrupts conversations between adults because they can't wait for their turn to speak.

**DISCIPLINE**                      **UNDISCIPLINED**

Drew wants to become the best black belt. They stretch and practice every day.

**DISCIPLINE**                      **UNDISCIPLINED**

Lee checks their cell phone every 10 minutes while they complete their homework.

**DISCIPLINE**                      **UNDISCIPLINED**

Pat washes their hands before class without needing a reminder.

**DISCIPLINE**                      **UNDISCIPLINED**

### Activity: Consequences of Discipline

*Think about how you would respond if you decided to use discipline and not use discipline in each situation.*

Your parent sends you to school with money for the voluntary class donation. You would rather spend the money on a treat.

If you show discipline you: \_\_\_\_\_

\_\_\_\_\_

If you don't show discipline you: \_\_\_\_\_

\_\_\_\_\_

What is the likely consequence if you don't use discipline?

\_\_\_\_\_

\_\_\_\_\_

The teacher leaves the room for a minute and asks the class to continue the assignment on your own.

If you show discipline you: \_\_\_\_\_

\_\_\_\_\_

If you don't show discipline you: \_\_\_\_\_

\_\_\_\_\_

What is the likely consequence if you don't use discipline? \_\_\_\_\_

\_\_\_\_\_