



Self Discipline Card

WRITE DOWN SOMETHING YOU DID AROUND THE HOUSE OR AT SCHOOL THAT YOU DID NOT HAVE TO BE TOLD TO DO BY YOUR PARENTS OR TEACHERS. BE CREATIVE! ALSO, WRITE DOWN EACH TIME YOU STOPPED YOURSELF FROM DOING SOMETHING YOU KNOW YOU SHOULDN'T. Write on the back of the card the things you did.

Student Name: _____

1.	2.	3.	4.	5.
6.	7.	8.	9.	10.

Instructor Signature/Date: _____

Parent Signature/Date: _____

1.	2.	3.	4.	5.
6.	7.	8.	9.	10.

Instructor Signature/Date: _____

Parent Signature/Date: _____

1.	2.	3.	4.	5.
6.	7.	8.	9.	10.

Instructor Signature/Date: _____

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