



SELF- DISCIPLINE SHEET

Develop Good Habits that Last a Lifetime!



Self-Discipline Sheet for the month of _____
Return this Sheet to Taekwondo between _____ - _____
and receive a WHITE CHARACTER STRIPE on your Belt!

Write down something you did around the house or at school that you **DID NOT** have to be told to do by an adult. Complete this sheet and bring it to class when you have 20 lines completed and you will receive a WHITE CHARACTER STRIPE on your Belt!

Student Name: _____

Belt: _____

Course: Trial / BBP / Leadership

YOU ARE ON A QUEST TO BE AT YOUR BEST!

- | | |
|-----------|-----------|
| 1. _____ | 11. _____ |
| 2. _____ | 12. _____ |
| 3. _____ | 13. _____ |
| 4. _____ | 14. _____ |
| 5. _____ | 15. _____ |
| 6. _____ | 16. _____ |
| 7. _____ | 17. _____ |
| 8. _____ | 18. _____ |
| 9. _____ | 19. _____ |
| 10. _____ | 20. _____ |

Parent or Guardian: _____ **Date:** _____

