



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 10 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. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Parent or Guardian: _____ Date: _____