



CSSD Leadership Program

Monthly Worksheet

October: Self-Control

Self-Control- the ability to control oneself, in particular one's emotions and desires or the expression of them in one's behavior, especially in difficult situations.

Self-Control is the thinking skill that helps us learn to control our feelings and behaviors in order to make good decisions, while aiding in reducing impulsive actions and dealing effectively with frustration. For example, a person may use Self-Control when encountering a difficult problem on a test. Rather than impulsively writing down any answer, they are able to control their anxiety and figure out the answer.

How is self-control important in martial arts?

How is self-control important in school?

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Name: _____ Rank: _____ Date: _____

Instructor: _____ Instructor Signature: _____