**OVERVIEW:** A car that drifts out-of-control is dangerous to everyone in its path—and to everyone inside the car. Similarly, losing control over your temper, emotions, or will-power can cause a lot of unnecessary pain. Self-control means steering your life in a positive direction and doing what is right. When you say “no” to one thing, think of it as saying “yes” to something better—something that can help you reach your goals!

**Self-Control**

**Definition:** Choosing to do what is right, even when I don’t feel like it

**I WILL...**
- Think before I act.
- Control my temper.
- Respect others and their belongings.
- Sit still and be quiet.
- Build healthy habits.

The Black Bear demonstrates self-control as it prepares each year for winter hibernation. The bear stops eating, slows its breathing, and lowers its heart rate while it sleeps.

**CHARACTER QUIZ:**

1. Why is it important to do what is right, even when you don’t feel like it? __________________________________________

2. What could happen to someone who has very little self-control? ______________________________________________

3. Self-control includes:  
   a. going to bed on time.  
   b. not over-eating.  
   c. showing good manners.  
   d. all of the above.  

4. Self-control means you never have any fun:   TRUE?  or  FALSE?

5. What are some healthy habits that can make you a stronger person? ___________________________________________

6. Athletes make a lot of sacrifices in order to reach their goals. Can you think of ways athletes show self-control or self-discipline?  

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