

9th Grade - GeorgiaBEST@School

Instructions: Using the table below, brainstorm ways that you can use self-discipline to help you become successful and reach your goals in each area of your life.

Directions: The first chart tells you the areas of your life you will be focusing on to complete this worksheet. In the second table, you will brainstorm specific ways to use self-discipline in each area of your life. The first row has been done for you as an example. For the Work/Future Career column, if you aren't currently working, think about your dream job/career and how self-discipline will help you reach your goals.

Areas of Your Life in Need of Self-Discipline			
Home	Work/Future Career	School	Extracurricular Activities

Areas of Life	Self-Discipline Brainstorm
Home	<u>Example:</u> I need more self-discipline in completing my chores, monitoring my time using electronics, doing my homework, eating healthy snacks, getting enough physical activity, etc.
Work/Future Career	
School	
Extracurricular Activities	