

Accepting Self-Discipline and Self-Responsibility

Ask yourself these questions: How much control do you have over your own life? What innate and environmental factors influence us? Why and to what degree do we allow this?

Whatever your responses, you can and must accept responsibility for your own behaviors and life without blaming and accusing others or excusing yourself. Work through the following to develop some strategies for achieving positive self-discipline.

1. Take the credit **and** the blame for your position in life honestly and openly.

What do you take credit for:

School _____
Family _____
Yourself _____
Society _____
Other _____

What do you take blame for:

School _____
Family _____
Yourself _____
Society _____
Other _____

2. Choose:

“I’ve decided to: _____
(Instead of “I have to”)

“I’m more comfortable doing this” _____
(Instead of “I’m afraid to do that.”)

3. Set aside a specific time each week, preferably each day, to initiate action letters and action calls in your own behalf.

Do something you have been meaning to do for a long time. Do it now!

Module 2 v Activity 12 v CHARACTER

If someone has not responded to a request from you within two weeks, follow it up with a phone call or another letter. If you still get no response, take an alternate approach with someone else.

“I will call” _____

“I will do” _____

4. Practice this motto: ACTION TNT (meaning Action Today Not Tomorrow)
5. Make a commitment to give your schoolwork your best. Only you can take the initiative to maximize your learning opportunities.
6. Set your alarm a half-hour early tomorrow and leave it at the earlier setting. Use this extra time to wake up and take charge of your life.