



# SELF-DISCIPLINE SHEET

*Develop Good Habits that Last a Lifetime*



## TAE KWON DO Students:

Write down something new you did around the house or at school that you DID NOT have to be told to do by an adult. Bring this sheet to class when you have 10 lines completed and you will receive a **COLOR CHARACTER** stripe on your BELT!

*\*Each student MUST have at least 2 color character stripes to test!*

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

Belt: \_\_\_\_\_ Parent or Guardian Initials: \_\_\_\_\_

YOU ARE ON A QUEST TO BE YOUR BEST!!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



# SELF-DISCIPLINE SHEET

*Develop Good Habits that Last a Lifetime*



## TAE KWON DO Students:

Write down something new you did around the house or at school that you DID NOT have to be told to do by an adult. Bring this sheet to class when you have 10 lines completed and you will receive a **COLOR CHARACTER** stripe on your BELT!

*\*Each student MUST have at least 2 color character stripes to test!*

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

Belt: \_\_\_\_\_ Parent or Guardian Initials: \_\_\_\_\_

YOU ARE ON A QUEST TO BE YOUR BEST!!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_