

Huntzinger's Karate Black Belt Character Development System Self Discipline Card

WRITE DOWN SOMETHING YOU DID AROUND THE HOUSE OR AT SCHOOL THAT YOU DID NOT HAVE TO BE TOLD TO DO BY YOUR PARENTS OR TEACHERS. BE CREATIVE! ALSO, WRITE DOWN EACH TIME YOU STOPPED YOURSELF FROM DOING SOMETHING YOU KNOW YOU SHOULDN'T. Write on the back of the card if needed.

Student Name: _____

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

Instructor Signatures/Date: _____

Parent Signature/Date: _____

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

Instructor Signatures/Date: _____

Parent Signature/Date: _____

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

Instructor Signatures/Date: _____

Parent Signature/Date: _____

Suggestions:

Clean room, Personal hygiene, Brush my teeth, Take a bath/shower, Put all dirty clothes in the laundry, Complete homework promptly, Remember lunch money, Remember notes to/from teacher, Remember library books, Remember projects, Pick up all personal belongings around the house, Clean up after meal, or...
