

## **Suggested Development Activities for DISCIPLINE**

- Complete the “I Didn’t Have to Be Asked Challenge”
- Get up 20 minutes early every day to do something productive like study, journal, exercise or pack a healthy lunch.
- Turn off media an hour before bedtime and use the quiet time to read, think, or talk with others.
- Give up soda, sweets, or some other unhealthy snack for one month.
- Eat at least 3 servings of green vegetables every day for one month.
- Do a strength or flexibility-building exercise every day for one month and track your progress.
- Do “Feared Things First” at home, school, or work every day this month.
- Set up and follow through with a reward system for yourself to improve commitment a goal you’ve been working on.
- Change your screen saver on your computer or phone to a quote or image that inspires you.





- Write your goals by hand put them in a place where you can see them every day.
- Make a playlist of music that is motivational to you. Listen to it while you are on the way to work.
- Create your own Discipline Development Activity. Talk with a trusted friend, parent, or teacher if you need help.

