NAME: ____________________________________________

POWER WORDS FOR LIFE

Sr. Red Belt: SELF-CONTROL

Definition of Self-Control:

List some ways that you have shown SELF-CONTROL.

1. ____________________________________________

2. ____________________________________________

3. ____________________________________________

List some ways that you have witnessed SELF-CONTROL in other people.

1. ____________________________________________

2. ____________________________________________

3. ____________________________________________

Explain why Self-Control is important in our lives.