

Name _____

Check the box next to the answer that most closely says how you act.

Self Awareness Forethought - Self-Discipline - Respect

	Almost Always	Often	I'm Working On It	Sometimes
Before I do something, I think about the effects of my actions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I am given a big assignment at school, I plan it out ahead of time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I think before I speak.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I stop myself from watching TV when I should be doing homework.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I keep my emotions under control, even when I get upset or hurt.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Even when I'm not in the mood, I follow through and do my work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I take care of my things, and I respect other people's things.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I treat everyone with kindness and respect.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I think everyone's point of view is important.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pre-view

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Tracking Forms Forethought - Self-Discipline - Respect

Name _____

Practice is how we learn. This Daily Tracking Form is to help you remember to practice. At the end of each day, color the box next to the items that you remembered to practice during that day. If you remembered only part of that day, color only part of the box.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before I do something, I think about the effects of my actions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I'm given a big assignment at school, I plan it out ahead of time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I think before I speak.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I stop myself from watching TV when I should be doing homework.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I keep my emotions under control, even when I get upset or hurt.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Even when I'm not in the mood, I follow through and do my work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I take care of my things, and I respect other people's things.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I treat everyone with kindness and respect.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I think everyone's point of view is important.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily

Tracking Forms Forethought - Self-Discipline - Respect

Name _____

Practice is how we learn. This Weekly Tracking Form is to help you remember to practice. At the end of a week, color the box next to the items that you remembered to practice in that week. If you remembered only part of that week, color only part of the box.



Week 1 Week 2 Week 3 Week 4 Week 5 Week 6

Before I do something, I think about the effects of my actions.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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When I'm given a big assignment at school, I plan it out ahead of time.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

I think before I speak.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

I stop myself from watching TV when I should be doing homework.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

I keep my emotions under control, even when I get upset or hurt.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Even when I'm not in the mood, I follow through and do my work.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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I take care of my things, and I respect other people's things.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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I treat everyone with kindness and respect.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

I think everyone's point of view is important.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Weekly

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Name _____

Check the box next to the answer that most closely says how you act.

Self Awareness Forethought - Self-Discipline - Respect

Almost Always Often I'm Working On It
Sometimes

Before I do something, I think about the effects of my actions.

When I am given a big assignment at school, I plan it out ahead of time.

I think before I speak.

I stop myself from watching TV when I should be doing homework.

I keep my emotions under control, even when I get upset or hurt.

Even when I'm not in the mood, I follow through and do my work.

I take care of my things, and I respect other people's things.

I treat everyone with kindness and respect.

I think everyone's point of view is important.

Post-view

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Forethought

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Forethought

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Forethought

Hawaiian

Ho`omākaukau ana

Planning. To get prepared.

English

Forethought

Thinking something through before doing it.

Planning.

What is Forethought and Why is it Important?

Forethought combines a part of the word 'before' with the word 'thought'. Forethought is about thinking before you do something instead of after you do it. By using forethought you will be able to see what the consequences might be before you do something.

This is important because everything has consequences. If you are kind and caring, the consequence is usually a positive one. People feel good when someone is kind and caring to them, and they often give kindness back. If you are noisy or loud in a public place, the consequence might be that people become disturbed by your loud voice.

When you use forethought, you can usually see what consequences will follow your words or your actions. Then you can choose. If it looks as if the consequences will be positive, you can choose to act. If the consequences look as if they might be negative, then you can choose not to act or not to say what you were going to say.

The opposite of forethought is often thoughtlessness. When we are thoughtless, we sometimes hurt those we love and care about the most. This usually happens when we are upset and lash out without thinking. Here is where forethought can help us the most. By thinking before we get angry and strike out at people, we can develop harmony in our relationships.

Remember your words and actions are like toothpaste. When you squeeze toothpaste from the tube, you can't put it back in. When you get angry and "go off" you can't take it back. If your words were hurtful, they will hurt the other person and there is no way you can take it back.

Practice forethought by thinking things through before you say or do something. Then you won't be sorry later. Forethought will give you peace in your heart and happiness in your lives.

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Forethought

How Do We Demonstrate Forethought?

We can practice using forethought at home and at school. However, it takes a little practice to remember to use forethought. This is because when we are hurt or angry we tend to forget and react without thinking.

When you feel yourself getting upset or flustered with someone, STOP! Take a deep breath and think. Ask yourself, "What will the consequence be if I scream or blurt out my anger?" Then use some self-control. You might choose to share your feelings in a quiet voice instead of 'going off'. Having thought it through you will act in a correct and fitting manner.

You can improve your life greatly by practicing forethought. When you practice forethought you picture the results before you do something. In this way, forethought is a "regret minimizer". If you think something through before doing it, you won't regret your actions later. By practicing forethought, you will feel good about yourself at the end of the day.

Remember that just as night follows day, consequences follow actions. By using forethought you will become a "think before you act person". Then you will create more positive consequences in your life. Your life will then be happier and more peaceful.

Forethought

Discussion Questions

- Can forethought help us in our relationships at school? How?
- Can forethought help us in our family relationships? How?
- Can we use forethought to think about other things like littering? If you were out on the playground and you wanted to get rid of your candy wrapper, how could forethought help you?
- How do you think your neighborhood and community could be affected by whether you use forethought or not? Explain and discuss.
- Can forethought help us help our whole planet? How? (litter, ozone, paper waste, water waste etc.)

Forethought

Life Application

Take these steps to develop more forethought:

- If something is bothering you with your friend, and you want to talk to them about it, think about what you will say to them before you say it. Ask yourself, "How should I approach this?" Then talk to your friend about your feelings.
- Consider the consequences before you do something. Use forethought to figure out what will happen if you do it one way and what will happen if you do it another way.
- If you want to do something and you are not sure of the consequences, talk to your mom or dad about it. Ask their opinion on it.
- If you get upset with a family member this week, practice forethought:

STOP!
TAKE A DEEP BREATH!
THINK!

(Ask yourself, "What will the consequence be if I do or say this?")

- Use forethought to plan a goal or project that you want to do at school. Write the goal on a sheet of paper. Then list the things you need to do to accomplish it.

Forerthought

HOKULE'A – AN INTENTIONAL VOYAGE OF DISCOVERY

by Michelle Geronimo

Nainoa Thompson knew he had just taken on a huge responsibility. In 1979 he agreed to be the navigator for a historic sailing voyage, one that had been attempted only twice before. The voyage was the sailing of the Hokule'a from Hawai'i to Tahiti. It was a journey that would require skill, dedication, careful planning and preparation.

Hokule'a, is a Hawaiian word that means 'Star of Gladness.' It is the name given to the double-hulled canoe built in the tradition of ancient Polynesian voyaging canoes, which first set sail in 1975. The mission was to sail Hokulei'a as ancient Polynesians had, using only the stars, the wave patterns of the ocean and the flight of birds to guide them. There would be no charts, no instruments, or any other modern navigational tools on board the vessel. Success at such a mission would be much like landing on the moon for the first time.

Nainoa and his crew had to be prepared to spend weeks at sea, and handle any situation that might come up. Everything had to be thought out in advance. They felt a special responsibility to plan properly because the last voyage had ended with the death of a crewmember, surfing legend Eddie Aikau. Many had felt that there had not been enough preparation for that voyage, so planning for this one was especially important. Nainoa vowed that they would never set sail haphazardly again. Everything was carefully thought out, down to the smallest detail. Every resource was used efficiently, with nothing going to waste, not even space. For example, coolers located in the hulls were used as storage for the crew's personal items. But with boards and pads across them, the coolers converted into beds, and this is where the crew slept. Nainoa and his crew successfully

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Forethought

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reached Tahiti in 1980. Their accomplishment renewed cultural pride in Polynesians and sparked a new interest in voyaging. Since then, the Hokule'a has sailed all over Polynesia. It has inspired voyages by other canoes, such as the Hawai'iloa and the Makali'i. Other countries, such as New Zealand, were also inspired to sail without instruments.

Although he has not navigated recent voyages, Nainoa Thompson continues to work with the crews to help them as they prepare to sail. Each time he uses forethought to help them evaluate the previous voyage so they can plan properly for the next one.

Nainoa also works to ensure that each voyage sets sail in the true spirit of the Polynesian voyagers. "Our ancestors sailed across the vast Pacific," he says, "over 10 million square miles of open ocean. To accomplish this great feat they needed the vision to see over the horizon, the ability to plan intentional voyages of discovery, the discipline to train physically and mentally, the courage to take risks..."

Greatness is no accident. It takes planning and forethought – a clear intention to produce something, and the discipline to think it through and prepare. These are skills that have guided human beings to achievement for generations. And they continue to guide many into the future.

1. Why did the crew of the Hokule'a think it was so important to carefully plan and think their journey through?
2. How did their planning and forethought help them while they were at sea?
3. What lessons can we learn about forethought from Nainoa Thompson and the crew of the Hokule'a?

ForestHought

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Forethought

AN ODE TO FORETHOUGHT

by D. Trinidad Hunt

There once lived a kid
 Who loved what he did
 And he did whatever he pleased
 He lived for the now
 Never thinking of how
 The job would get done
 Or when

"It is better," he said
 "With no thought in your head,
 No plans, no hopes and no schemes.
 Just go on your way,
 And live for today,
 And don't try to follow your dreams."

Now the people who heard
 These very strange words
 Began to wonder aloud,
 "Is he telling it straight?
 Is his life based on fate?"
 A murmur arose from the crowd

"Does he think that he can
 Live life with no plan?
 And oh, what a very lost soul
 He will wander the town
 Just looking around
 Never having a thought or a goal."

So life went its way
 Day after day
 With no resolution in sight,
 Till a walk through the mall
 Where he heard someone call,
 In the window a beautiful bike

It was fire engine red
 And it went to his head
 Begging, "Please won't you make me your own!"

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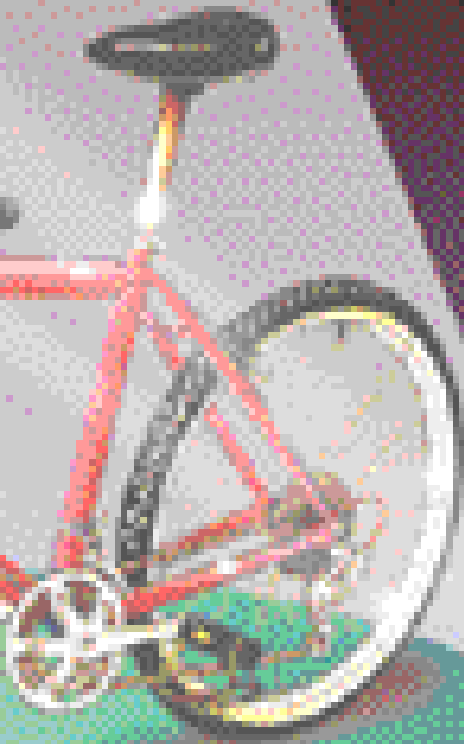
Forerthought

FORER



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CHOCES



Now the boy's brain
Had such a pain
As two worlds started to clash,
"I will live day to day,
And only just play,
But if I do,
I'll never own you."

"Then plan," said the bike
"It is you that I like!
Don't let anyone else take me home."
Right then and right there
He started to care
For the very first time in his life.

From then until now
Our boy has learned how,
As he rides his bike through the town,
His life has a theme
Called follow your dream
Through planning and forethought
You can!

So it's now up to you
What will you choose to do?
Live life on any old whim,
Or learn from our friend
What he found in the end
A plan will carry you through.

1. How did wanting the bicycle in the window change the boy?
2. What did you learn about forethought from this poem?
3. Think about a time when planning would have helped you get something that you wanted. How would you do it now that you know about forethought?

Font Bundles

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Forethought

Recycling Month

Materials: 4 large boxes

Directions:

Talk about forethought as an important attribute for our community and society as a whole. One area we need forethought is in our use of the world's resources. If we do not use forethought, we may put children and our children's children in jeopardy. If we do use forethought, we can conserve our resources so that all of society today and in the future will benefit.

Set up four recycling boxes: one for newspapers, one for colored papers, one for aluminum cans, and one for bottles and glass jars.

In the book "365 Afterschool Activities" here is what the authors, Sheila Ellison and Judith Gray have to say about newspaper, aluminum tin cans, and glass. "If everyone in the US recycled their Sunday newspaper, we'd save 500,000 trees every week! For a free brochure on recycling, write to the Environmental Defense Fund, 257 Park Ave. S., New York, NY 10010."

"Aluminum cans can be recycled over and over again. Aluminum is a metal that is used for airplanes, bicycles and many industrial and home appliances. We use over 65 billion aluminum cans a year, every one of which could be recycled."

"Glass has been around for over 3,000 years. It used to be rare and precious, but nowadays it is frequently considered garbage. Twenty-eight billion bottles and jars are discarded every year!"

Forethought

Use Forethought Each Day

Materials: 3" x 5" Cards and a Roll of Tape

Directions:

At the start of the day have students form a circle. Talk about setting goals as an aspect of using forethought. Invite students to think of one goal for their day. Goals might include things such as showing respect for others or using perseverance to complete tasks on time. Have students write their goal on a 3x5 card and tape the card to their desk as a reminder. At the close of the day, discuss their accomplishments and how forethought helps bring focus to the day. Ask the students how forethought might help them accomplish their long range goals and dreams.

Variations:

Do this activity often to help students develop the habit of using forethought and goal setting daily.

Towards the end of the year, do this activity at the beginning of each week and discuss at the end of each week.

Forethought

Henry J. Kaiser

Henry J. Kaiser was born in New York in 1882. He was a powerful icon in the construction industry in the Pacific Northwest and Canada. Kaiser was a very successful businessman and humanitarian. He was gifted at forethought and planning as well as community development.

Henry Kaiser bought his first business at age 20. Shortly after, he moved across the country to Spokane, WA. His company specialized in construction projects. His more famous projects include Hoover Dam and the Grand Coulee Dam. In 1939 he turned his attention to shipbuilding and built ships for World War II.

Constantly on the leading edge, he founded Kaiser Aluminum. Today, however, it is Henry J. Kaiser's humanitarian works that makes him a most cherished role model. Thinking of the people, he built Kaiser Permanente hospital. It is the largest HMO in America. He is regarded as a visionary with great forethought, as well as an innovator. "Decide what you want most of all out of life," he said, "then write down your goals and plan to reach them." That is sound advice from a great humanitarian and a man well ahead of his time.

Tara Lipinski

Tara Lipinski began skating at the age of 6. Less than 10 years later she stunned the world by taking the gold medal from Michelle Kwan at the 1998 Winter Olympics. Michelle was number one. No one thought that a 15-year-old girl from Texas who was competing for the first time could beat her. Just as people around the country were beginning to acknowledge her as their Olympic champion, she shocked the world again by becoming a professional. Instead of continuing as an amateur and competing in the 2002 Olympics, she left to join Stars on Ice. She is the youngest skater in history to win the U.S. Nationals, Worlds and the Olympics. It seemed to be guaranteed that she would continue to compete now that she was reaching her prime as a skater.

But after careful forethought, Tara decided to stop competing. In thinking about her future, Tara says there's more to life than skating. "I accomplished my life goal, but now there are so many other things left." Since that time Tara has been acting, and touring with Star's on Ice. Eventually she wants to go to college. Tara's decision, although it shocked many, shows forethought and maturity. She decided for herself what was most important in her life. Rather than continue to do what people have told her to do, Tara looked into the future for herself and carefully chose her own path.

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Forethought

John F. Kennedy

John F. Kennedy, the 35th President of the United States was born in Massachusetts in 1917. He graduated from Harvard and served in World War II. After completing his military service, he worked as a reporter and became involved in politics. In 1956 he wrote a book titled Profiles in Courage, It won a Pulitzer Prize.

In 1960, at the age of 43, he became the youngest man ever elected President. As President he worked for desegregation and Civil Rights reform. He formed the Peace Corps to help underdeveloped nations. He challenged the United States to put a man on the moon before the end of the decade, and NASA did it. He accomplished many things during his short time in office. On a visit to Dallas, Texas in November 1963, President Kennedy was assassinated. He had not even completed one term as president.

He was young and personable and remembered fondly. His greatest contribution to the United States was his ability to use forethought and plan for the future. It was tragic for him to be cut down before he fully realized all of his goals for the country. Fortunately, because of his vision and ability to plan for the future, many things were set in motion before his death. John F. Kennedy will always be remembered as a great man and a man of exceptional forethought.

Thomas Jefferson

Born in Virginia in 1743, Thomas Jefferson was the 3rd President of the United States. President Jefferson was a visionary leader, and a primary author of the Declaration of Independence. After studying law, Jefferson became involved in politics. He was among those that called for the First Continental Congress in 1774. It was during this time that the Declaration of Independence was written and adopted on July 4, 1776.

Jefferson went on to serve in the Virginia legislature from 1776 to 1779. He served as Governor of Virginia from 1779-1781. One of the things he is remembered for was his call for the end of slavery. He was unsuccessful, but even then, he knew it was not correct to keep slaves. In 1796 he was elected Vice-President of the United States under John Adams. He became President in 1801, and served two terms. Shortly before his death in 1826 he helped found the University of Virginia. Ironically, both he and John Adams died on July 4, 1826. It was exactly 50 years after they signed the Declaration of Independence. President Jefferson's forethought allowed us many of the freedoms we enjoy today. His contribution continues to benefit all of us nearly 200 years after his death.

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Forethought

**Whatever failures
I have known,
whatever
errors I have
committed...
have been the
consequence of
action without
thought.**

Bernard M. Baruch

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Forethought

**Chance
favors
the
prepared
mind.**

Louis Pasteur

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Forethought

He who works with his hands is a laborer. He who works with his hands and his head is a craftsman. He who works with his hands, and his head, and his heart is an artist.

St. Francis of Assisi

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Forethought

**A craftsman,
if he means
to do good
work, must
first sharpen
his tools.**

Confucius

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Forethought

**Prepare,
and then
perhaps
your chance
will come.**

John Wooden - Head Basketball Coach, UCLA

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Forethought

**To be
prepared
is half
the
victory.**

Miguel Cervantes

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Self-discipline

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Self-discipline

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Self-discipline

Hawaiian

Ho`o a`o ikaika

To learn control.

English

Self-discipline

Regulating yourself for self-improvement. Self-control.

What is Self- discipline and Why is it Important?

Self-discipline is self-control. Self-discipline is about harnessing your energies so that you can accomplish your goals. It is about managing yourself in an orderly way so that you can be successful at whatever you do.

Every one of us has two parts inside of us. One part of us is strong and courageous and wants to be good, do good and help everyone. The other part of us is sometimes moody and sometimes wants its own way. This second part of us sometimes has the "grumpies and grumbles" and says things like, "I'm not in the mood." "I don't want to!"

Self-discipline supports the positive in you and guides the 'grumpies' and 'grumbles' to take a back seat in your show. Self-discipline helps you take charge of your life. While goals give you direction, self-discipline gives you the focus, strength and perseverance to attain those goals. Self-discipline helps you do what you really want to do.

Self-discipline is about structure, balance and order. It is about learning to set limits so that you can be consistent. It is self-discipline that helps us brush our teeth in the morning and at night. It is self-discipline that helps us practice basketball every day. It is self-discipline that gets us to practice piano or skate boarding and do our homework consistently.

If you have self-discipline, you will control your own emotions and your behavior. This is important, because you will not have to have someone watching you to keep you in line. With self-discipline, you keep yourself in line and manage your own behavior.

Self-discipline is the key to the doorway of freedom. The more self-discipline you have the more others can trust you to do what is right. People will know you can be depended on. They will know that you will behave in an appropriate way. The more self-disciplined you are, the more freedom you will have. Self-discipline is self management

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Self-discipline

How Do We Demonstrate Self-discipline?

We practice self-discipline by setting up routines. Routines give structure to your day and help you keep balanced. You might set up an 'after-school' routine. You may want to do your homework at a certain time, finish your chores by a certain time and then help mom set the table for dinner. After that, you might have an evening routine with a bath and reading.

Remember that self-discipline is also about setting limits on the 'grumpies' and 'grumbles'. This includes setting limits on the amount of TV you watch and limiting the number of cookies you eat after dinner. Eventually the routines that you create and the limits that you set become habits. And healthy habits will help you achieve your goals.

We can practice self-discipline by using self-awareness and self-control. Self-awareness helps us become aware of our moods and identify them. "I think this is anger I'm feeling." Self-control helps us choose to let them go. Instead of screaming and yelling and acting out the anger. Self-control says, "I have a choice, and I choose to let go of the anger."

When you have self-discipline, you hold the secret of freedom in your own hands. When your discipline comes from within, nobody else can control you. You will have the power to direct your life, because you have control over yourself.

Self-discipline

Discussion Questions

- You have an inner voice that tells you what is right and what is wrong. When you listen to it and do what is right, how does it feel?
- When you are disciplined how does it feel?
- Do you think self-discipline is important for athletes or musicians? Why?
- What is self-discipline? Why is it important?
- Think of a time that you used self-discipline. What was the situation?

Self-discipline

Life Application

Take these steps to increase your self- discipline:

- Spend a full day "tracking" your emotions; tracking means observing and following your emotions. Notice when you have 'the grumpies and the grumbles', and notice when you are peaceful and self-disciplined. Write two things you discovered about yourself in your daily journal.
- Set up an afternoon routine and follow it for one school week (Monday through Friday). At the end of each day journal your feelings about having a routine.
- For one full week, stop yourself from teasing anyone. Extend your practice to the second and third week. Encourage your friends to join you in stopping teasing.
- The next time you are angry, discipline your emotions. Stop! Take a deep breath. Think yourself calm. Then say what you want to say in a nice voice.
- Practice self-discipline by raising your hand in class when you want to say something.

Self-Discipline

KRISTI'S KEY TO SUCCESS

by D. Trinidad Hunt & Michelle Geronimo

Kristi Yamaguchi is one of the greatest female figure skaters in U.S. history. An Olympic gold medalist and U.S. National and World Champion, she has been skating since she was a child. "When I was six years old," Kristi says, "I went to see an ice show and fell in love with the skater's costumes and loved watching them skate to the music." At that moment Kristi said she knew "I wanted to be a skater." But her success would not come easily. Kristi was born with club feet. She wore casts on her legs for a year, and corrective shoes for 4 years to make them straight. Her parents didn't know if her legs were strong enough for Kristi to skate. At 7 years of age, she begged her parents to let her take lessons.

She was so good at skating that soon she was practicing before school with a personal coach. Her schedule quickly became one that would require much self-discipline. "If you want to accomplish your dream," her coach said, "you will have to practice 5 hours a day, 4 days a week." For Kristi, that meant getting up at 4:00am every morning to get her practices in before school. Then in the afternoon, she and a partner practiced pairs skating with another coach for several more hours. Even the most disciplined adults would had to have worked hard to keep up such a pace. Young Kristi did this for 3 years during elementary school. At 10 years old, Kristi had increased her practices to 6 days a week. She continued this intense regimen all through her school years. She sacrificed many of the 'normal' teenage activities in order to keep growing in her sport.

By the time she moved to Canada at 17 years of age, Kristi Yamaguchi had already shown incredible personal discipline.

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Self-Discipline



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She had learned the importance of practicing even when she wasn't in the mood. She learned to give 100% effort regardless of her feelings at the time. It was this focus and determination that carried Kristi to the 1992 Olympic competition and placed her on the winner's podium. When Kristi stepped up to receive her gold medal, she knew in her heart that she had earned it through a lifetime of preparation, dedication, and discipline.

Today, as a professional skater touring year-round with Stars on Ice, Kristi still trains to perfect her craft. Even in the off-season, her daily workout consists of 90 minutes on the ice and 90 minutes of various off-ice workouts. She knows that self-discipline is built day by day, step by step. Kristi knows that even if other things go wrong, the good habit of daily discipline will carry her through.

So when you see world-class athletes engaging in the sports they love, remember that it took them many years of self-discipline to get there. Discipline is developed one day at a time. Hold your vision in your mind's eye, as Kristi did, then start with small steps! Every one of us can accomplish our dreams if we go after them one small step at a time.

1. Why do you think Kristi was willing to work so hard and sacrifice so much for the sake of ice skating?
2. What are some of the challenges she had on the way to her goal?
3. How would increasing your self-discipline benefit you in your life?

Self-Discipline

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Self-Discipline

PAPA'S CALLIGRAPHY

by D. Trinidad Hunt & Michelle Geronimo

My grandfather was very special, and he had a special way of writing. He called it calligraphy. My sister and I loved to scramble up onto the chairs at the table to watch him as he dipped his pen in the ink well and scribed magical letters on paper. He made every occasion even more special by sending handwritten greeting cards. It was a treat to receive one of Grandpa's cards.

One day, when I was 11 years old, I asked Grandpa to teach me his calligraphy. "I'm willing to teach you," Grandpa said, "but calligraphy takes practice. I have written calligraphy for over 50 years, and I still practice to this day."

"I know it takes practice," I replied. "After all, I watch you make every stroke. But I really want to learn Grandpa!"

"Well," he said, "let's start with discipline."

"What?" I answered impatiently. "Discipline?"

"Yes," Grandpa said calmly, "Discipline."

Grandpa put his hand on mine, leaned in close and said quietly, "I promise to teach you calligraphy when you bring me a full handwritten page of perfect O's."

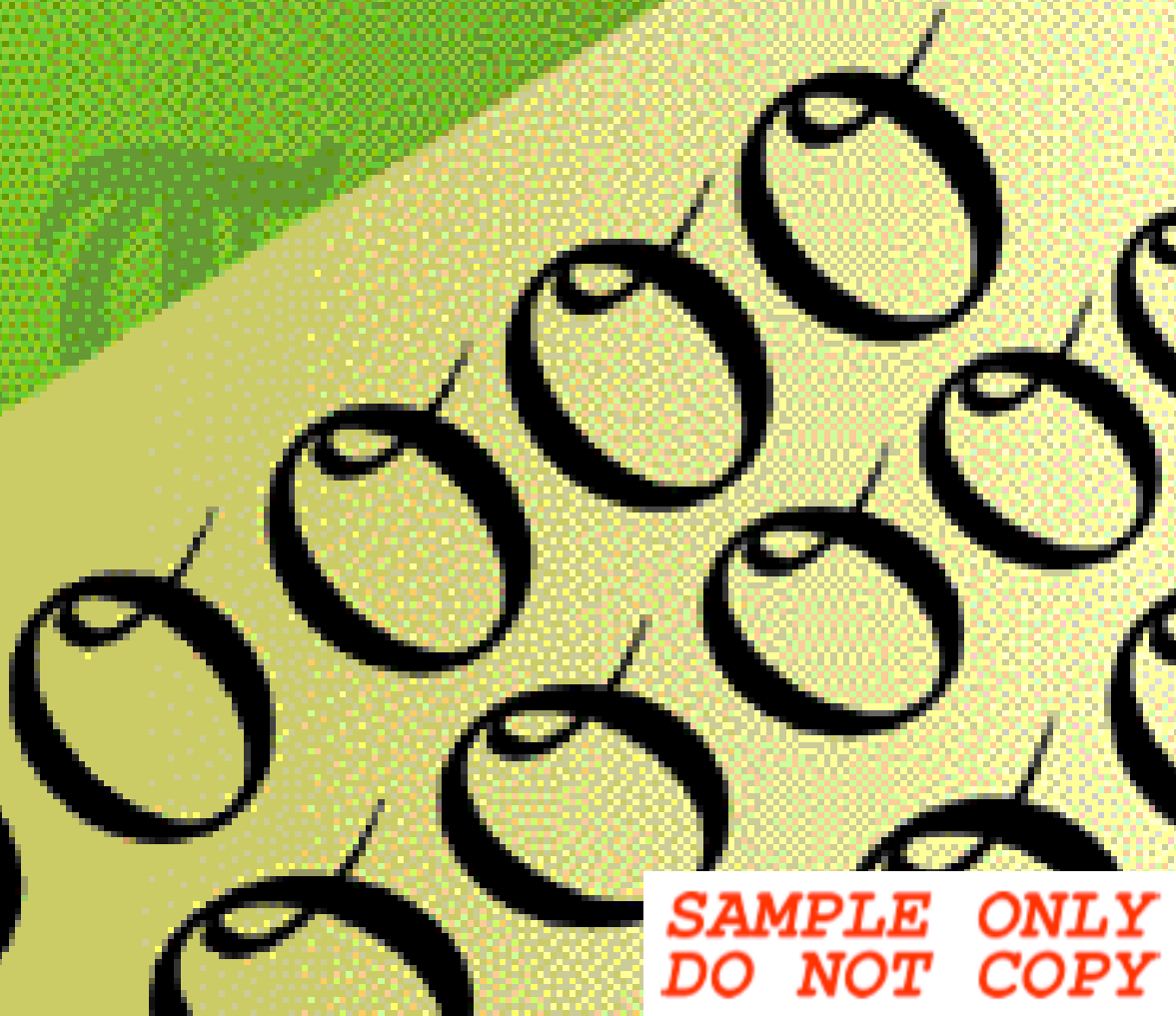
"O's?" I asked. "Why O's?"

"Calligraphy takes commitment," Grandpa replied. "It is a practice. It's a discipline. If you cannot commit to a full page of O's, you won't be able to commit to calligraphy."

In the years that followed, I started that page of O's dozens of times.

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Self-Discipline



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Each time I had an excuse for not finishing. My hand got sore, my fingers burned, or my sister called me to play.

Grandpa passed away last year, and I never learned calligraphy. I never got past that one page of O's. There have been many times that I wish I could go back to that day. I would've finished those O's for Grandpa on the spot! It's too late now to learn calligraphy from Grandpa, but I'm learning the lesson that he was trying to teach me.

If there's a goal that you really want to reach, start immediately. Don't give up along the way. Take a deep breath, focus on the task at hand, visualize accomplishing the goal, then keep going. Every time you lose fight or get distracted, visualize the goal again. It will give you strength.

I learned this lesson the hard way. I forgot to see myself writing calligraphy. I only saw myself struggling over a page of O's. As a result, I never accomplished that goal. But I used what I learned from Grandpa to accomplish many others.

1. Why do you think Grandpa still practiced calligraphy, even after 50 years?
2. What are some of the things that distract you when you are trying to concentrate?
3. Think of a goal you have – something you would like to accomplish. What are some steps you could take to make sure that you achieve your goal? Be specific.

Self-Discipline

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Self-Discipline

The News Team

Materials: Writing paper
Pen or pencil
Camera (optional)

Directions:

Have the students watch a TV news interview to discover how TV interviews are done. Tell the students that TV reporters work in teams when they go out on a story. If you cannot get a video camera, break the class into news teams of 2 students. Tell them they will be doing a campus interview. Delegate responsibilities. One student will sketch the person and the other will do the interview. The subject will be, is self-discipline an important quality? Why?

If you can get a camera, either video or still, break the class into teams of 3. Then two people are on the camera team and one person is the interviewer. This is an opportunity to teach interviewing and organizing skills. Ask the teams what questions might be included in their interview. Develop these questions on the board so that each team asks the same set of basic questions.

Invite certain teachers to participate ahead of time. Establish a specific date and time for each interview with each teacher. (Sometimes the interviews can be done 15 minutes before school starts or 10 minutes after school is over). If the camera must be rotated between teams, have one team go out each day until all interviews are complete. Assign a team to each teacher (along with their time slot) that you have chosen. The interview is to be no more than five minutes long.

Some of the questions might include:

1. Do you feel that self-discipline is an important trait? Why or why not?
2. In terms of self-discipline, what do you feel your best area of discipline is? (diet, exercise, practice in sports or music etc.) Why?
3. What would you recommend about self-discipline to a young person like myself who wants to be successful and happy when they grow up?

Have the students copy the questions or type them onto an interview form to handout. After each interview is complete, have the interview team share the results of their interview with the class.

Do a debrief and review at the end of the entire project.

Self-Discipline

Self-Discipline And Me

Materials: Writing paper
Pen or pencil

Directions:

Discuss mentors and models who exhibited self-discipline in their lives. These may be men and women who stuck it out despite the challenges they encountered and the doubts of other people. Use the Mentors & Models in this section or talk about Helen Keller, Thomas Edison or Mahatma Gandhi. Talk about the dedication and hard work necessary for these individuals to make their dreams come true.

Ask students to think about their dreams and to pick one dream or goal they have. Ask the students how self-discipline could help them in accomplishing their dream.

Have students design a bookmark with their goal or dream on it as well as a 'power statement'. Examples of statements might be; 'I am capable', or 'I can do it' or 'I'll keep on keeping on' or 'Just do it'. Have the students use their bookmarks so that they have a constant reminder of their goal and their commitment.

Self-discipline

John Wooden

John Wooden has devoted most of his life to basketball. Born in 1910 in Indiana, he played on a championship basketball team in high school. Later, he repeated his success at Purdue University, where his team won a NCAA championship in 1932. After his career as a player ended, he began coaching at various high schools. He earned a reputation for being inspiring and supportive. In 1948 he became the coach for the University of California's basketball team. During his 40 years of coaching, his lifetime record is 885-203. This record is unmatched to this day.

John Wooden's highly successful coaching philosophy was built on what he called his "Pyramid of Success." This system was based on a high degree of personal discipline and self-control. Through the use of this model, he created winning teams and molded outstanding players. His players were known for their great self-discipline and sportsmanship. Upon his retirement, John Wooden wrote a best-selling book on coaching called *They Call Me Coach*. In addition to being the most successful coach in any sport, he has been honored many times for his humanitarian work.

Michelangelo

Born in 1475 in Italy, Michelangelo was a sculptor, painter and a poet. His work serves as an example of the importance of self-discipline. Michelangelo was ordered to decorate the ceiling of the Sistine Chapel with paintings. His most famous work of art required not only skill and creativity, but also discipline and concentration. This project took him 4 years to complete and required him to spend many long hours on his back. The creation of his sculpture, *David*, required intense concentration and discipline because it was to be a rendering of the 'perfect' male form.

Michelangelo's last painting was "The Last Judgement." Finally completed in 1564, it took 8 years of his life.

It is considered to be one of the 12 great masterpieces of all time. Later in his life, Michelangelo was appointed to be the architect of St. Peter's. He worked on St. Peter's Cathedral until his death in 1564. Michelangelo's creativity helped him become one of the artistic geniuses of all time. But without his self-discipline the world might have never known his awesome work.

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Self-discipline

Nadia Comaneci

Born in 1961 Onesti, Moldova, Nadia was a gifted gymnast from the start. Her talent caught the attention of one of the most famous gymnastic coaches in the world, Bela Karolyi. Under his guidance, Nadia rose to the top of her sport. She was a model of concentration and self-discipline. In 1976, Nadia, when she was just 14 years old represented Romania in the Olympics. At those games, she became the first gymnast ever to obtain a perfect score of 10 in gymnastics. In fact, she scored 7 perfect 10's, an amazing feat for such a young girl. She also amazed the crowds with her intense focus and self-discipline. Nadia became known for her serious demeanor and her ability to keep her emotions under control. She won 2 gold medals in 1976 and never lost her cool. In 1980, she competed again at the Olympic games and won 2 more gold medals.

After retiring from competition, Nadia became an international gymnastics judge. She also coached the Romanian National team. She defected to the U.S. in 1989 to continue her coaching career. In 1996, Nadia married fellow gymnast Bart Conner and together they run a school for aspiring gymnasts. Nadia's success comes from her natural talent as a gymnast. The difference between a successful gymnast and an Olympic gold medallist, however, is focus, determination and self-discipline.

Arthur Ashe

Arthur Ashe was born in Virginia in 1943. He spent much of his career as a tennis player breaking new ground in the sport for African Americans. He was the first African American to win many of the major tournament championships, including Wimbledon and the Davis Cup. It was a challenging position to be in, but Arthur Ashe handled it with his trademark dignity. Known as a disciplined player, he always kept a cool head. Even as new players emerged on the scene that freely displayed their emotions, Arthur maintained control of his emotions and his game.

In 1979 he suffered a heart attack and retired from tennis. He discovered in 1992 that he had contracted HIV from a blood transfusion, and died of AIDS in 1993. During his life he was outspoken in his opposition to apartheid and worked to educate people about HIV. Arthur Ashe is remembered as a model of dignity, discipline and professionalism. His manner on the court truly demonstrated that tennis is 'a

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Self-Discipline

**There is only
one corner of
the universe
you can be
certain of
improving—and
that is your
own self.**

Aldous Huxley

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Self-Discipline

Until you value yourself, you won't value your time. Until you value your time, you will not do anything with it.

M. Scott Peck

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Self-Discipline

**Self-discipline
is the key to
freedom.**

D. Trinidad Hunt

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Self-Discipline

It may be all right to be content with what you have; never with what you are.

B.C. Forbes

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Self-Discipline

**The largest
room in the
world is the
room for
improvement.**

Anonymous

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Self-Discipline

**There's no thrill in
easy sailing
When the skies are
clear and blue,
There's no joy in merely
doing things
Which anyone can do.**

**But there is
some satisfaction
That is mighty sweet to take,
When you reach
a destination
That you never
thought you'd make.**

Spirella

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Respect

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Respect

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Hawaiian**English****Hō`ihi**

Respect or regard for. Treat with dignity, reverence or respect.

Respect

High regard. To honor or hold in high esteem.

What is Respect and Why is it Important?

Respect is a very special quality. It is a basic feeling between human beings. If you have respect, you are considerate, courteous, and caring. Respect is so important that songwriters even wrote a song about it.

"R-E-S-P-E-C-T

Find out what it means to me"

Respect is an attitude of caring. There are many types of respect and all of them are important. There is self-respect, and respect for others. There is respect for property and respect for our environment. All types of respect are important.

Self-respect means that you value yourself. You feel that you are a worthwhile person and you have self-esteem. You count on people to treat you in a kind and caring way.

If you respect someone else, you are interested in them as a person. You honor and value them. You act in a kind and caring ways toward them. This kind of respect shows up in what you say and how you say it. If you respect someone you will speak in a kind and caring way. Your tone of voice and your behavior will have a nice quality when you are respectful.

Respect for property is how you treat things. It takes careful attention to deal with your own things as well as other people's things in a thoughtful considerate way. It is treating other people's property and public property as if they were your own.

'Respect for all life' is also very important. This means you respect Planet Earth. You care for the environment, and you are kind to all living things. You can show this kind of respect by not littering and not wasting Mother Nature's resources, such as water.

Respect

Respect

Without respect there would be a lot more rudeness in the world. No one would care about anyone else. Respect makes our world more peaceful and it makes all of our relationships more friendly and more fun.

How Do We Demonstrate Respect?

You can practice and demonstrate respect every day. What you do comes back to you so follow this simple law of cause (what you do) and consequence (comes back to you). Think about how you want to be treated and treat others in the same way.

You can demonstrate respect when you see older people. If an older person is standing on the bus and you are sitting, a respectful thing to do is give them your seat. Older people deserve a little extra respect and appreciation. Because you are younger, you have more energy and more strength. It is important to be sensitive to the needs of your elders and always try to help them.

You can practice respect by speaking quietly and not interrupting when others are speaking. You can listen with respect by staying focused on the speaker. You can act with respect by noticing the feelings and needs of others.

You can also show respect by kindness towards animals and all of Earth's creatures. Feed and care for your own pets and be kind to all living things.

Remember that you are a center of influence. Your words and deeds make a difference. What you say and do, and the way you say and do it can influence others. If you demonstrate respect to everyone and everything you become a positive model for other people. You will influence them in a positive way and your life will make a difference.

Respect

Discussions Questions

- Is it important to respect other people's toys as if they were your own? Why?
- What does respect look like? What are some examples of respect in action? What kinds of things would you do if you were practicing respect?
- If someone is teasing someone else on the playground or in class, what is the respectful thing that you might do?
- Is there a difference between 'making fun' and 'having fun'? What is it? Which is the respectful thing to do?
- What is gossip? Is it respectful? How does gossip feel when others gossip about you?
- If you heard two or three people gossip about someone else, how could you stop it?

Respect

Life Application

Take these steps to develop a greater sense of respect:

- Notice your grandparents' needs today. Treat them with extra respect. Do something special for them, like get them a glass of juice or something to drink.
- Remember to use your courtesy words, "please", "excuse me", "do you mind if I...", and "thank you".
- Look around your class and notice someone you may not respect. Look for something to respect about that person. Then show respect for them by talking with them at recess or lunch.
- Create a litter campaign with your class. Clean the play ground by picking up litter and putting it in the trash container.
- Practice treating your things with extra special respect this week. Clean your desk at school and put all your school belongings in their place. Then tidy your room. Find a place for everything, and put everything in its place.