



Atlanta Perimeter Academy

Name: _____

My Self-Discipline Project

There are three types of discipline. There is poor discipline, good discipline and self-discipline. To earn your first belt we want you to focus on self-discipline. Select from the tasks listed below or create your own tasks and commit to do them every day using your self-discipline (this means you do your tasks without being told). When you have done your tasks on 4 different days, return this completed form to your instructor and you will have earned your WHITE BELT!

Little Dragons and Tiny Tigers - Pick One task

	Date Completed			
	1 st	2 nd	3 rd	4 th
_____ Put my dishes away after eating dinner	_____	_____	_____	_____
_____ Put away my toys	_____	_____	_____	_____
_____ Brush my teeth before going to bed	_____	_____	_____	_____
_____ Say Yes/No Ma'am and Yes/No Sir when speaking to adults	_____	_____	_____	_____
_____ _____ (My own idea)	_____	_____	_____	_____

Jr. Ninja - Pick Two tasks

	Date Completed			
	1 st	2 nd	3 rd	4 th
_____ Set the table or clear the table at dinner	_____	_____	_____	_____
_____ Clean cat litter, or feed pets or walk dog	_____	_____	_____	_____
_____ Do my homework	_____	_____	_____	_____
_____ Say Yes/No Ma'am and Yes/No Sir when speaking to adults	_____	_____	_____	_____
_____ _____ (My own idea)	_____	_____	_____	_____
_____ _____ (My own idea)	_____	_____	_____	_____