

Thought in Action

SELF CONTROL

*Welcome to
Thought in Action*

The Thought in Action program is designed to help you better understand how to make the lessons that you learn at The White Oak Leadership Institute part of your everyday life. The more you practice and develop the leadership traits, the better a martial artist and person you will be. Remember that the path of the Martial Arts is one of Self Mastery. Work to find harmony within yourself and in everything that you do.

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Be a Black Belt Leader

Task: Set a goal to improve

The Importance of Self Control

Bring Your Practices into Your Daily Life

Self control is your ability to think before you act. This is really, really important as many times the mistakes we make or things we do that get us into trouble stem from doing something without thinking about it first. It is always best to think about what you should do, what you want to happen, and then act with integrity to have what you want to happen actually happen.

The Yin and Yang of Self Control

Self control means to think before you act, it also means to make sure that you are acting in a good direction. All too often people do think before they act– but they only think about themselves. It is important to think about what would be best for everybody involved in whatever you are trying to do.

Not only should you think about what would be best for everybody, including yourself– you should also think about what will happen in the long term and short term based upon your decisions and actions. This means to think about what will be best for now and for the future.

You will find that by having self control you will be able to find the time to get things done that you want to do in a way that is good for you and won't be harmful to anybody else.

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The Importance of Self Control

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Your task is to set a goal for yourself to pick one thing in your life and improve upon it. Pick a bad habit that you have and get rid of it. For example, if you don't like to do your homework use self control to make sure you get it done even if you don't want to.

You will find that when you use self control to improve something about yourself you will be happier with who and what you are and will even begin to take more pride in yourself. Self control leads to discipline, which leads to self confidence.

Work on this task beginning now and ending when you turn this in right before your belt test (so for at least one month, two would be better). Write down what you did and how your self control has helped you.

Goals : Targets

My Target Date For My Next Belt is

_____ month _____ year.

My Black Belt Target Date is

_____ month _____ year.

Now set a goal for yourself to have more self control with your friends.

My Goal to improve acting with self control with my friends is to

Dear Parents and Teachers,

It is our main objective to develop Black Belt Leaders at home, at school, and in the community. We would appreciate your feedback, and deeply value your opinions as success coaches at home and/or at school.

Students

Name: _____

Teachers:

- 1) How well do you feel this student has been working up to his/her ability in school?
Excellent Good Average Poor
- 2) Please rate this students integrity with others.
Excellent Good Average Poor

Comments: _____

Parents:

- 1) Do you feel that your son/daughter has shown improvement in attitude, behavior, and character?
Yes No

Comments: _____

Checklist for Belt Promotion

- 1) Have you completed your Task (a goal for improvement)
- 2) Have you improved your conduct at home, school, and in the community? (Target Goal)
- 3) Do you have, or are you close to having 4 Blue Tips on your belt (16 classes)?
- 4) Have you signed up for the Belt Ceremony?
- 5) Have you paid your Graduation Fee(s)?
- 6) Have you brought a friend to class, or recommended someone during this testing cycle?

When your checklist is complete, please present everything to Shifu Petrush or Master Croley to earn your gold tip for your belt.

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