

SELF CONTROL

自律

1. Choosing to do what is right even when I don't like it.

2. Control your temper.

3. Sit still and be quiet.

4. Respect others and their belonging.

5. Build healthy habit.

I will always think before I act

I'll practice sitting still

I will eat the things I really need

And stop when I am filled

I will use the best of manners

And if I get all upset, I will not burst out with anger

But will keep myself in check

My character will make a leader out of me

So next time through let's say it more enthusiastically