



SAINT JOSEPH CATHOLIC HIGH SCHOOL

STRIVE SELF-CONTROL

Self-control is like a muscle, it has to be trained in order to become stronger. We all have a different starting point and in some areas of life we are stronger than in other areas.

Areas of self-discipline include:

1. Sleep
2. Nutrition
3. Exercise
4. Work Habits
5. Communication
6. Etc...



2 Peter 1:5-7

Do your best to improve your faith. You can do this by adding goodness, understanding, self-control, patience, devotion to God, concern for others and love.

To improve your self-control, try the following:

1. Focus on “why” you should complete the task rather than the “means” of the task.

For example if the task were to do your homework, you should focus on getting a good mark, accomplishing your goal, pleasing your parents/teacher, etc. You should **NOT** focus on shutting of your phone, stopping the gaming, turning off the TV.

2. Stay close to what promotes your goals.

Create a vision board or collage with photos and words that describe your dreams and then display in a prominent place.

Write affirmations (“I am” statements that include how you wish to be) and read them at least twice daily.

Schedule a workout with a friend at the gym.

Read, watch and listen to anything that promotes your goals.

3. Keep away from temptations—both physically and mentally

- give your phone to your parents for one hour so it does not distract you,
- only take a limited amount of money with you to curtail spending
- only have healthy foods at home to avoid the temptation to go astray.

4. Sometimes bribery really does work – promise yourself a small reward.

5. Even punishment works – give yourself a penalty for not completing the task – though following through with it is sometimes difficult...

6. Set rules because they provide structure and prepare us for encounters with temptation.

If I get distracted by TV after school then I will wait to watch TV until after I finish my homework.

Your days are your life in miniature. As you live your hours, so you create your years. As you live your days, so you craft your life. The words you speak, the thoughts you think, the food you eat and the actions you take are defining your destiny – shaping who you are becoming and what your life will stand for.

Robin Sharma

Choose your actions wisely.

Exert self-control to build an extraordinary life.