

TRUE CHARACTER



A Balanced Approach to
Character Development

February

Discipline – Teens & Adults

Name: _____

Training yourself to do what needs to be done, when it needs to get done. This is discipline. To do our best work, we need to review the 5 w's to set ourselves up for success. Below, write down your goal and apply the 5 w's to help you achieve it. What can you learn from looking at these things?

What helps you stay

focused? _____

Goal:

Where do you work best?

When do you do your best

work? _____

Who helps you stay

disciplined?

Why is this goal important?

What actions WILL you take to achieve this goal?

