

## SELF-CONTROL

You have an ability to take on and maintain healthy habits rather than rushing into futile enjoyments. You have the patience to look after your own mental, spiritual, emotional and physical health. You do not over-react when bad things happen but regulate your emotions in order to be helpful and calming towards others.

[More info on self-control](http://www.viacharacter.org) www.viacharacter.org

What are the signs of having good self-control?

What work might suit someone who is has self-regulation/self-control?

What advantage is there in developing healthy habits?

## Make a plan to increase your healthy habits!

I'd love to be more consistent in the following situation:

This would help me to do this (e.g. reflect, avoid certain situations, say 'no', get up early):

When and where I'll take more self-control:

To remind yourself to do this PRINT or TAKE A PHOTO of this page.