



Kid Kick Newsletter

Self-discipline

Definition: Self-discipline means controlling your actions and reactions to help you accomplish goals and make better decisions.

Self-discipline is the ability to stick to actions, thoughts, and behavior, which lead to a better quality of life and greater success. It involves using inner strength to focus all your energy on a goal and persevere until it is accomplished. The need for self-discipline is required for daily actions and decisions, as well as attaining long term success.

In martial arts, we rely on self-discipline to give us the ability to practice consistently at home or stand still while our instructor is talking in class. At school, self-discipline helps us resist the temptation to talk to our friends and pay attention to our teachers. Self-discipline is demonstrated any time you refuse to satisfy unimportant or unnecessary needs in favor of making better decisions for yourself. For example, when you choose to eat a healthy snack like apples or grapes instead of candy or junk food, you're exercising self-discipline.

Through self-discipline, you can develop more control over yourself and your life, attain goals, and improve your life, while gaining real satisfaction, rather than instant gratification. Remember, controlling yourself means saying no to activities that can get you in trouble or are unhealthy and making choices that are good for you and others around you.

Joke:

Q: How do you stop squirrels from playing football in the garden?

A: Hide the ball; it drives them nuts!



Pak's Karate Academy

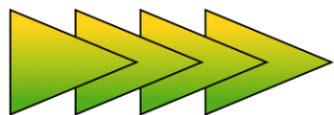
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Riddle

I am always with you. I can give you the ability to withstand hardships and difficulties. If you use me, I will help you stay on track and accomplish your goals. If you ignore me, you will follow every whim and wish, allowing you to accomplish nothing. I can give you the strength to overcome any negative habit, making you a winner in whatever you do. What am I?

A: Self-discipline



CRISSCROSS PUZZLE

Complete the crisscross puzzle using words found in this newsletter.

Across

4. The changes failed to make the soap opera a _____.

6. The object of a person's ambition or effort.

7. A feeling of trust in one's abilities.

8. Achieve or complete successfully.

9. Ready or likely to attack or confront.

Down

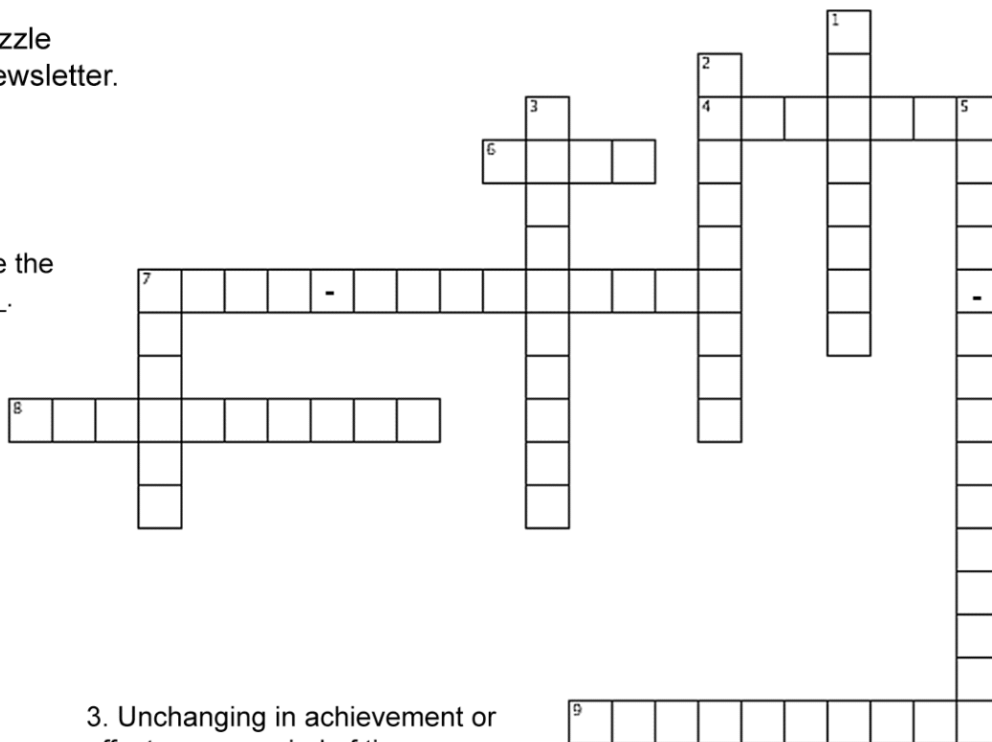
1. A conclusion or resolution reached after consideration.

2. Having or showing a confident and forceful personality.

3. Unchanging in achievement or effect over a period of time.

5. I can give you the strength to overcome any negative habit.

7. Able to perform a specified action well and powerfully.



Coloring Fun!



