

# SELF-CONTROL

# CHARACTER COUNTS



## SELF-CONTROL IS THE ABILITY TO RESTRAIN YOUR IMPULSES AND ACTIONS.

Write down three ways that you showed self-control by exercising restraint of your behavior or desires; first, at Krav Maga, then, at school or work, and finally, at home:

At Krav Maga: \_\_\_\_\_

\_\_\_\_\_

At school or work: \_\_\_\_\_

\_\_\_\_\_

At home: \_\_\_\_\_

\_\_\_\_\_

What are some consequences if you lack self-control?

\_\_\_\_\_

\_\_\_\_\_

How are other people affected by your choices about self-control?

\_\_\_\_\_

\_\_\_\_\_



List five reasons why you should show self-control:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*"Whoever has no rule over his own spirit  
(someone without self-control) is like a city  
broken down, without walls." - Proverbs 25:28*

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