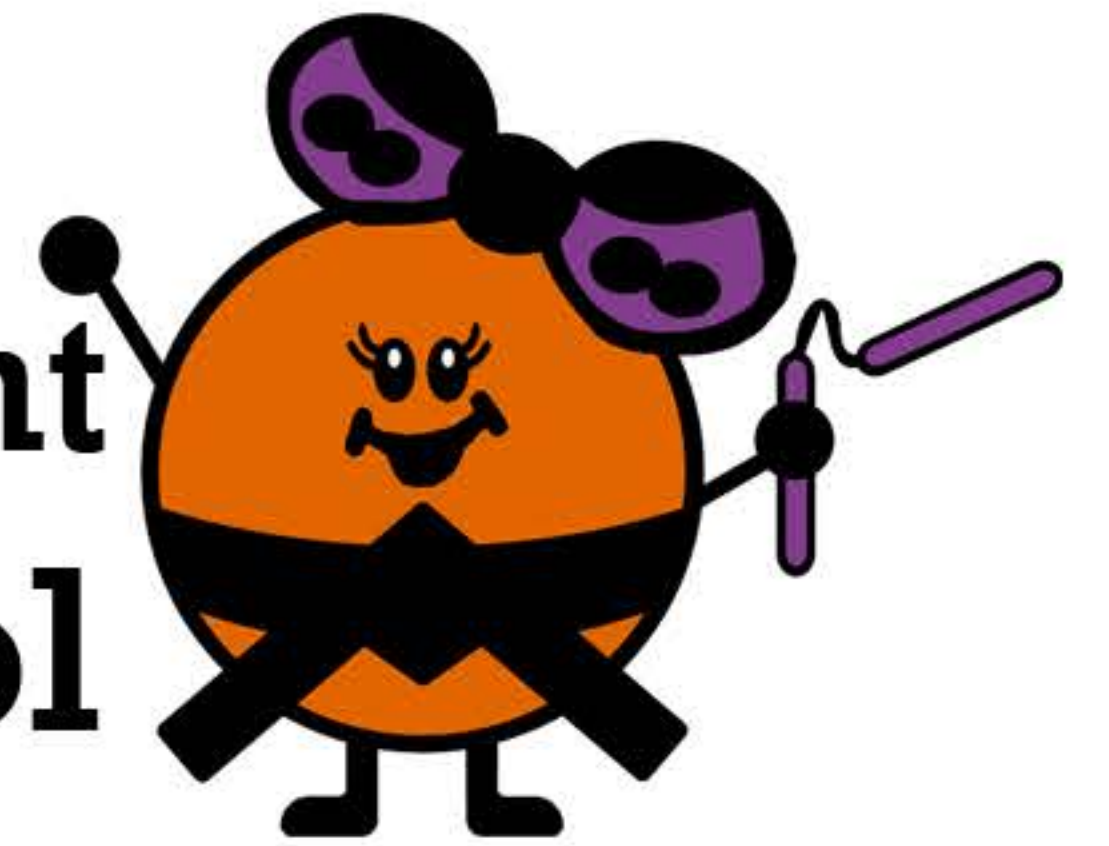


# Black Belt Character Development Character Chart: Self-Control



**FIRST NAME:** \_\_\_\_\_ **LAST NAME:** \_\_\_\_\_

**AGE:** \_\_\_\_\_ **BELT COLOR:** \_\_\_\_\_

Each time you stop, think, and make a good decision, write down what you did and what you might have done had you not had self-control. This can be choosing healthy foods, controlling your body, or controlling your words. Once you filled in ten good choices, turn in your sheet to receive a Self-Control stripe.

1. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
2. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
3. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
4. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
5. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
6. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
7. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
8. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
9. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
10. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Stripe \_\_\_\_\_

Instructor Signature: \_\_\_\_\_ Date: \_\_\_\_\_ \_\_\_\_\_

---

1. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
2. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
3. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
4. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
5. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
6. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
7. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
8. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
9. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
10. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Stripe \_\_\_\_\_

Instructor Signature: \_\_\_\_\_ Date: \_\_\_\_\_ \_\_\_\_\_

---

1. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
2. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
3. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
4. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
5. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
6. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
7. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
8. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
9. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_
10. I CHOSE : \_\_\_\_\_ INSTEAD OF: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Stripe \_\_\_\_\_

Instructor Signature: \_\_\_\_\_ Date: \_\_\_\_\_ \_\_\_\_\_

---

Upon testing for and earning a Red Stripe, students will receive a Character Award if they have earned enough stripes on their belt. To be eligible to receive the Self-Control Award, turn in this sheet fully completed on the day you test for your red stripe. You can also receive UNLIMITED Self-Control stripes.