

Self-discipline Top Ten

KINDNESS AT HOME™
EMPOWER • Week 3 • RESPONSIBILITY

Lesson Timeframe

15-20 mins

Materials

☐ Journals



Empower

Last week we talked about the importance of responsibility and how each member of the family plays an active and necessary role in promoting a kind and loving home through their responsible actions. Adhering to our daily routine responsibilities can feel boring or annoying at times, Remember, **Responsibility is being reliable to do the things that are expected or required of you.** True responsibility for the small routine things takes self-discipline. It takes self-discipline to always do what is asked or expected of us. This week we'll look more at the art of self-discipline so that we can be more responsible!

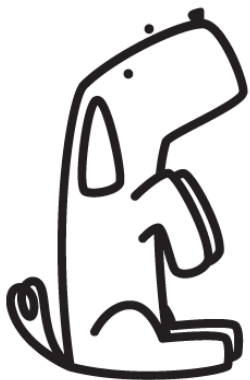


Discussion Starter

Have each person in your home think about the following discussion questions:

Being responsible takes **self-discipline**. **What does this mean? What is self-discipline? What else takes self-discipline?**

- As a family, generate a Self-Discipline Top Ten list. Ask the following questions:
 - What activities in our home take EXTRA self-discipline to complete? (deep cleaning, laundry, etc.)
 - What activities in the community require self-discipline? (sports, medical, arts, etc.)
 - How can you use self-discipline to accomplish your goals? (save money, study, practice, etc.)



Journal Prompt

It's very important to understand HOW self-discipline and responsibility go together. In your journal, choose one of the following to help you grow and/or reflect on this topic.

- **DRAW:** Draw a picture of what responsibility at home looks like to you.
- **DO:** Set a small goal for this week that is related to your responsibilities. Ideas: I will make my bed every morning without being asked; I will read for 15 minutes every day before screen time; I will set the table every evening without being asked. Track your weekly goal so you can see your progress. Reflect on the self-discipline required to reach your goal.
- **WRITE:** What is a goal that you have for yourself this month? Write it down and write out the self-discipline steps you need to take in order to reach that goal. Remember that your goal should be S.M.A.R.T: **S**pecific, **M**easurable, **A**chievable, **R**ealistic, **T**ime-bound.



Kindness Hack

Your home runs smoother when everyone pitches in as needed. If you are ready to go the extra mile, try this:

- Sometimes we put off doing things we know we should do (or that people expect us to do) because we think it will take too long when really, it would only take a few minutes! Write down a list of 5-, 10-, and 15-minute responsibilities as a reminder of all the quick ways you can make a difference at home that take virtually no time at all!