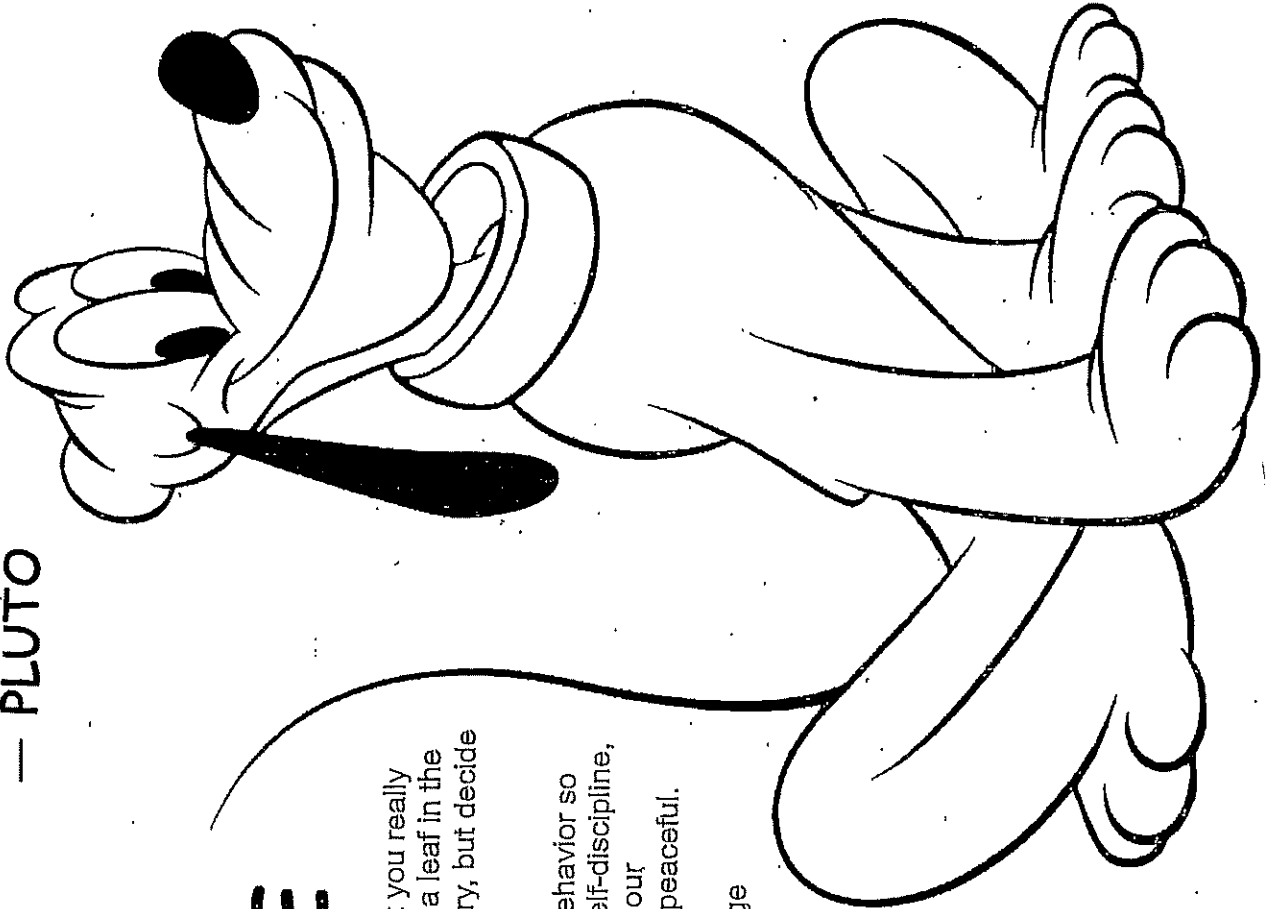




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**DON'T LOSE CONTROL OF YOURSELF
WHEN YOU FEEL HURT OR ANGRY.**

— PLUTO



SELF-DISCIPLINE

Self-discipline means self-control. It is getting yourself to do what you really want to do, rather than being tossed around by your feelings like a leaf in the wind. You don't lose control of yourself when you feel hurt or angry, but decide how you are going to talk and what you are going to do.

When you practice self-discipline, you are controlling your own behavior so others don't have to. Self-discipline brings you freedom. Without self-discipline, we procrastinate. We eat things we shouldn't. We lose control of our emotions. Then people feel hurt. With self-discipline, life is more peaceful.

If you feel angry, instead of yelling and hitting, you can acknowledge your anger, then use a calm voice to tell someone you are angry and why. It is your choice. Set limits for yourself, like time on the phone, how much TV you watch or how long you play video games, the number of sweets you eat—enough but not too much!

**Learn more about virtues
at theVchannel.com**

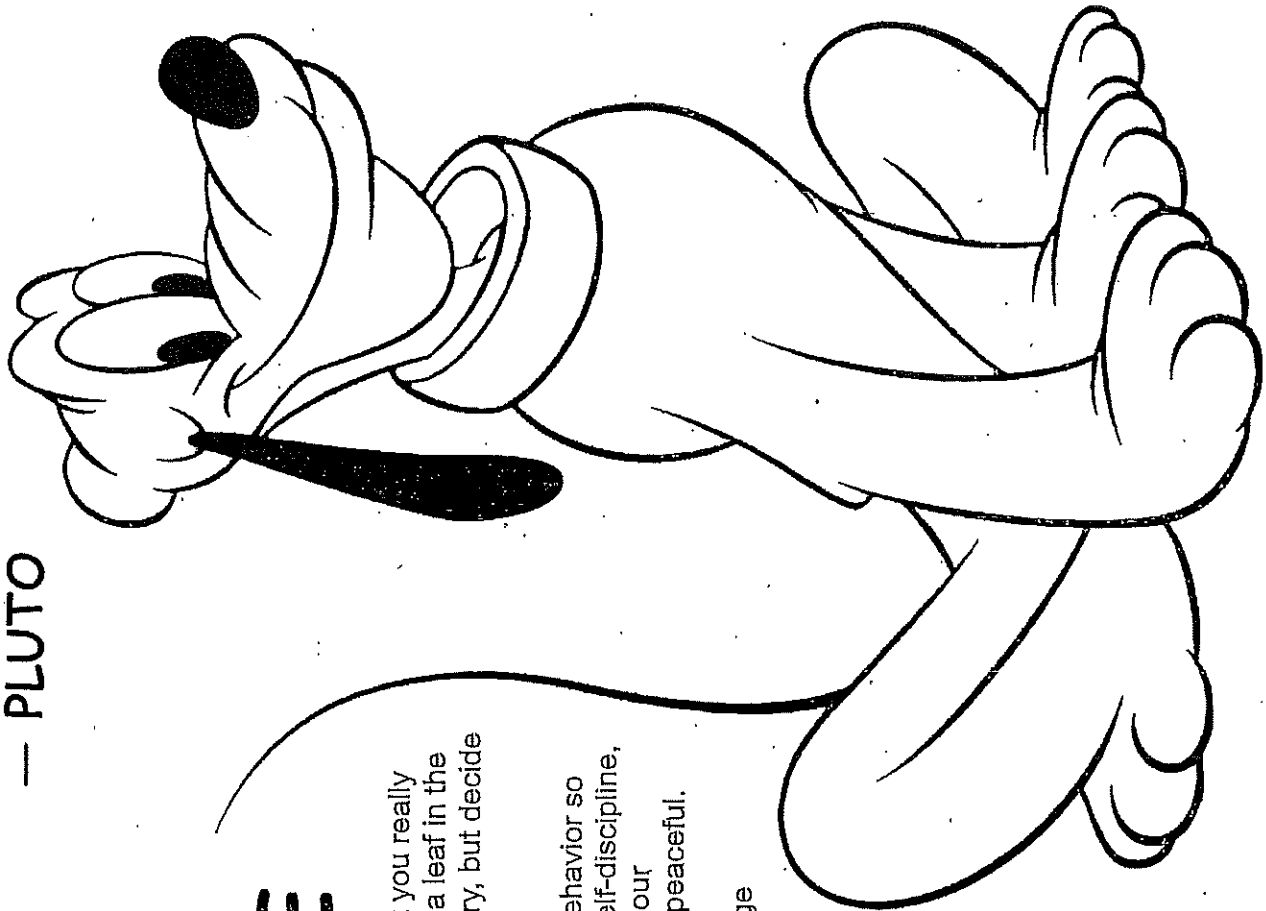
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