



# Worksheet 1:

# The Discipline Tracker

# SAMPLE

## Purpose:

To help you practise small daily habits that build self-discipline, self-respect, and consistency.

Discipline isn't about being perfect — it's about showing up and making small promises to yourself, then keeping them.

## Instructions:

1. Choose one small habit you want to improve this week.

It could be:

Arriving on time

Finishing homework before dinner

Keeping your room tidy

Reading a few pages daily

Limiting screen time before bed

2. Write your habit at the top of the next page.

3. Track your progress each day by ticking (✓) when you complete it.

4. At the end of the week, reflect on what went well and what you could improve.