



Volume 14

# Overview

## SELF-CONTROL

### Welcome to TrueSuccess<sup>®</sup>,

We are excited to share an overview of another TrueSuccess<sup>®</sup> behavior skill unit with you and your kids to help equip them with character to achieve success in school, work and life. To learn more about TrueSuccess, check out the website: [www.TrueSuccessTools.org](http://www.TrueSuccessTools.org).

For ways to interact with your kids, see below: **INQUIRE**

## Self-Control: Behavior Skill of the Month

### Theme

**INQUIRE** How would you describe the meaning of the theme?

Self-control determines destiny.<sup>™</sup>

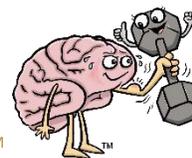
### Object Lesson

**INQUIRE** How would you describe the object lesson in your own words?



**SELF-CONTROL is like building physical muscles.<sup>™</sup>**  
Just as physical exercise determines the future of your body, the mental exercise of self-control determines the future of your life.<sup>™</sup>

Barbie  
the  
barbell<sup>™</sup>



### AIMM<sup>™</sup> Goals

**INQUIRE** How is it going for you in trying to live out self-control?

**At school:** Get to class on time, behave in class, do your work well and on time and let others go first.

**At home:** Obey adults and do chores, such as helping with dinner dishes and keeping your room clean.

### Lifestory Summary

**INQUIRE** How would you summarize the lifestory?



When she was young, Gabby Douglas was homeless. She ate peanut-butter & jelly sandwiches every meal. At age 6 she fell in love with gymnastics. She was state champion at age 8. She had self-control to move 1200 miles away from her family to train. Her self-control paid off. She was the first Black to win Olympic gold for all-around competition.

### Video Link

**RECOMMENDED** to preview video before sharing with kids.

<https://youtu.be/hiAU5xEP7nc>

**INQUIRE**

What do you think about the video? How did the video show self-control?

### Celebrate Impact

**INQUIRE** Has TrueSuccess impacted you? If so, how?

Share the impact that you have seen or heard so we can encourage each other!

Email comments and stories to: [info@TrueSuccessTools.org](mailto:info@TrueSuccessTools.org).