

## Topic: Self-Discipline

### Let's Breathe



#### Two Minutes of Mindfulness

Practicing breathing exercises helps calm our bodies. When our bodies are relaxed, we can make positive decisions that benefit our long-term goals. Use the video below to practice the mindfulness exercise called: Balloon Breaths / Belly Breaths.

[Balloon Breaths / Belly Breaths](#)

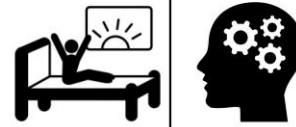
### Let's Learn

Self-discipline can be very difficult, especially in times like today when we have to adjust our lives to a new normal.

Self-discipline is the ability to delay what we want right now, resist unhealthy temptations, and be okay with discomfort in order to reach bigger long-term goals.

This may mean turning off our video game to work on homework, not sleeping in an extra hour, or finding a new way to be active when the weather isn't nice.

#### MASTER YOUR MINDSET



### Let's Move

How are you moving your body today?

Remember, it's very important to take an opportunity to get your body moving. This can look different for people, and if you've been getting some exercise or movement in, keep it up!

Here are a couple of fun dance/exercise videos that you can use to get your body moving!

[Follow the Trollz dance moves!](#)

[Make yo' body move!](#)



### Let's Grow

What is ONE thing you know you're supposed to do, but you need a schedule or reminders to help you do it?

What goal is this helping us to achieve?

Write about how you will hold yourself accountable to accomplish this.

