

# Self-Control

## OCTOBER 2024



### SAY IT:

*Self-Control: Choosing to do what's best even when you don't want to*

### KNOW IT:

#### ASK A GROWN-UP:

- When is it toughest for you as an adult to have self-control?
- Do you have any tricks or strategies to help you develop self-control?

#### ASK A KID:

- When is it toughest for you as a kid to have self-control?
- Have you ever gotten in trouble for not having enough self-control? What were the consequences?

### SEE IT:

One of the easiest times for us to lose self-control is snack time. Some of us tend to make poor choices and eat food we know is not the healthiest for us. Unfortunately, many of us also lack self-control with our temper, with how we treat others, and making risky choices that could be very dangerous for ourselves or others. In this short video, Cookie Monster learns a few strategies to develop self-control: [https://www.youtube.com/watch?v=j0YDE8\\_jsHk](https://www.youtube.com/watch?v=j0YDE8_jsHk). He realizes that self-control can be accomplished, even when it is difficult. When we develop self-control, not only can we make better food choices, we can also make choices that will help us with the Big 3. Self-control can help us consistently Make Smart Decisions, Treat Others Right, and Maximize Our Potential.

### BE IT:

Make a list of times when self-control is toughest. Ask your family to help you come up with a list and ask them to help you show self-control. Some good ideas might be setting goals to limit screen time, responding with kindness, sticking to a bedtime, eating healthy foods, listening and following directions at school, developing an exercise program. Try to set some goals and monitor your progress as you practice self-control.

# PHASE

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Before you can lead someone where they need to go, you need to know where they are.

That's why it helps to understand what's changing...physically, mentally, relationally, culturally, emotionally, and morally.

**The more you know them, the more they will...**

- Know they matter.
- Believe they can win.
- Feel like they belong.
- Decide what they should do.

Remember, if you don't know who you are talking to, you can't really expect them to listen.

**So don't miss it.** The better you understand who your kids are now, the better they'll understand who they're meant to be.