

<p>The Life Skill October is Community Goals</p>	<p>The Life Skill November is Self-Control</p>
<p>Set a 'Community Goal'. Your Goal could be to pick up litter around your school, clean up your yard, start recycling at home or collect used clothes, toys and books to donate to a shelter. Write down and track your Goal- you can use a Green Goal Sheet!</p>	<p>Self-Control means taking control over the way you act and behave. It means taking control of your thoughts, words, attitude and actions in a positive way. Self-Control can mean doing what you <i>need</i> to do rather than what you <i>want</i> to do. As Eternal Grand Master H.U. Lee said- "<i>Self-Control is when we can say 'yes' to what takes us closer to our goals and when we can say 'no' to what keeps us from being great.</i>"</p>
<p>Why is it important to help out in the community?</p> <hr/> <hr/> <hr/>	<p>How can you show Self-Control when you are...</p> <p>...watching T.V.? _____</p> <hr/> <p>...doing homework? _____</p> <hr/>
<p>How can setting and reaching Community Goals help you to be a leader in the Community?</p> <hr/> <hr/> <hr/>	<p>...angry at someone? _____</p> <hr/> <p>...practicing Taekwondo? _____</p> <hr/>