

Being My Best By Taking Responsibility

Pride	Mon	Tue	Wed	Thur	Fri	Sat	Sun
I made my bed							
I put my dirty clothes in the laundry							
I put my clean clothes away							
I put my personal belongings away							
I picked up everything from the floor							
I helped with dinner clean up							
Self-Esteem							
I brushed my teeth morning and night							
I put away my toothbrush and paste							
I wiped the water off the sink							
I took a bath or shower							
I didn't talk back to my parents							
I politely excused myself from the table							
I used "Please" and "Thank you" with everyone							
My martial arts uniform is clean							
Self-Discipline							
I practiced martial arts at home							
I took pride and gave my best effort in school							
I showed respect to all adults							
I did my best on my homework							
Courtesy							
I was ready for school in the morning							
I was ready and waiting with uniform for martial arts							
I came to the table when called							