



LEADER LINKS

Week of August 29, 2011

About the LEADER LINKS...

The Leader Link is a weekly message delivered via email to support character development, good citizenship and social responsibility. The Leader Links address the same character traits that our students focus on throughout the week. Each Leader Link provides a simple definition, an inspiring quotation, a thought provoking question and an action prompt to encourage you, your friends, associates or group to consciously incorporate each quality into daily living.

SELF CONTROL

Definition:

SELF-CONTROL means taking charge of yourself and your behavior, as well as making good choices and being accountable for your decisions.

Leader's Message:

Self-control comes when a person's will takes over and decides what a person does. When self-control is exercised, actions are decided by will rather than the appeal to the senses. A simple example is the smell of freshly popped popcorn. If you eat the popcorn because you cannot resist the aroma, rather than eating it for nourishment, then, it was the attractiveness of the popcorn on the outside that made the decision to enjoy it. Self-control is what helps one not be a slave to appetites, pleasure and passions. Unless self-control is developed, a person will choose to do whatever is most attractive.

Food for thought:

Consider this quote by Grenville Kleiser: * "By constant self-discipline and self-control you can develop greatness of character." Do you think that self-control is needed for good character?

Action Prompt:

Strengthen Self Control! Self-control is an important ingredient for success. It expresses itself as perseverance, the ability not to give up despite failure. It expresses itself as making a good choice. The ability to resist temptations and distractions enables one to attain goals. On the other hand, lack of self control may lead to failure and to other troubles. Self Control is a skill worth strengthening. Listed below are some tips that may help fortify self-control in your life:

- Think and realize how important it is to develop self control.
- Acknowledge that the pleasure of self-control must be greater than the pleasure of indulgence.
- Seek to find things that are more appealing inwardly than outwardly.
- Make a list of what you want to achieve.
- Act and behave according to the decisions you have made, regardless of the desire to procrastinate.

** Grenville Kleiser (1868-1935) was a North American author. Grenville Kleiser was born in 1868 in Toronto, Canada.*