



NOVEMBER SELF CONTROL



*May need additional space

1. What is your definition of self control?*
2. An area I need more self discipline in right now is ____.
3. Write a plan of action for your response to day 2.*
4. How do you plan to track your progress for this plan?
5. Why is it important you to use restraint?
6. What is your initial response to negative emotions right now?
7. Have you been more impulsive or controlled lately? Why?*
8. How do you react when you feel like you are losing control?
9. What positive habit can you form over the next 21 days?
10. I would rate my discipline in diet a ____ out of 5.
11. Does your day 2 response have a positive or negative motivation? Why?*
12. How did you feel the last time you exercised?
13. Is exercise a part of your normal routine? Why or why not?
14. I would rate my mental focus a ____ out of 5.
15. What form of media occupies most of your down time?
16. Is this the most fulfilling form of media for you right now? Why or why not?
17. In your interactions with others, how often do you stop before responding?
18. To what capacity would you say you use your mind?
19. My spiritual discipline is a ____ of out 5.
20. How often do you reset and evaluate your actions?
21. What does your meditation or prayer time consist of?
22. How can you be more intentional about your discipline to meet your goals?
23. In what ways are your current financial moves considered responsible?
24. What are some areas in your finances that could be improved?
25. I was proud of myself when I exercised control during ____.
26. What consequences can you face in this season due to a lack of control?
27. Did you adhere to your plan of action?
28. What changes have you noticed within yourself?
29. Did you feel in control of yourself this month?
30. What things did you learn by changing your habits?*



Journal Prompts