

# HABIT OF MIND

## MANAGING IMPULSIVITY

Thinking before you answer a question with the first thing that comes into your mind; take your time. Considering and understanding ideas before you make a judgement. Planning ways to solve a problem before you start.

Ask yourself the following questions:

- when have I shown control and not jumped into something and how?
- what goals can I set and things to do to help me focus myself more?
- who has impressed me with his/her self control and why?

