

SELF-REGULATION

In your own words, how would you describe **self-regulation**?

How does the dictionary describe **self-regulation**?

Describe a time or times in your life that you believe you have shown this **Character Strength**.

In the boxes below describe a time you have shown this **Character Strength** and think of two things you will start doing in your roles as a student, family and community member. Also, which of your signature strengths will benefit from this **Character Strength**?

	Describe a time/s I used this Character Strength well	What are two things I will start doing to build this Character Strength
As a student at School		
As a family member at Home		
As a member of the Community		