

Peace Discipline



Self-monitoring form

Self-monitoring is a tool for self-discipline and could be used for many different target behaviours. Here are some examples:

Diet

I did not drink an SSB (sugar sweetened beverage). / I ate 5 different kinds of vegetables or fruit. / I sat down to eat (rather than eating on the run or in front of the computer). / I did not eat chips or sweets. / I ate breakfast.

Exercise

I took the stairs. / I walked or ran for 20 min or more. / I went to gym. / I did some stretching.

Bad habits

I was on time for... / I did not overspend. / I did not smoke. / I did not bite my nails.

Work / study

I studied. / I met my daily goal of / I worked on(that I usually procrastinate on).

Phone / computer

I did not take my phone to the table. / I did not check my phone during a conversation. / I did not play.....(game, that has been eating up time I should be spending on....).

Peace Discipline

I used active listening today. / I used praise today. / I hugged my child today. / I connected with my child today. / I did not shout. / I did not hit. / I stayed calm.

My Goals:					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

My Goals:					
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Think about: Can I use my cell phone to prompt and remind me to do something? What do I need frequent reminders about?