

## Positive Self-Management

I got in trouble for \_\_\_\_\_. Now I have to copy this paper down on a sheet of paper. I don't enjoy having to copy this sheet because I have to spend my time doing something that I don't particularly like to do. Even though I don't enjoy doing this, I KNOW that there are consequences for all my actions. Good or bad, there are consequences. Therefore, something has to happen to me because I have been \_\_\_\_\_ when I am supposed to be \_\_\_\_\_.

I know it is wrong to \_\_\_\_\_. It's disruptive and by not following POSITIVE DISCIPLINE PRACTICES I show disrespect for others. I know that if I do not obey these rules then other people suffer because of my selfishness. I also know that my behavior bothers others because someone has to spend time correcting my behavior when they could be using that time for a more useful purpose. Besides, this poor behavior wastes my time too, because I have to spend MY TIME copying this essay.

What I should do from now on is

\_\_\_\_\_ . I know that I may feel like \_\_\_\_\_ again, but I won't allow myself to do it. I'll talk to myself and say, "I don't want to get in trouble, and it's not worth it, because it wastes everyone's time." I know if I can stop myself from breaking the rules, good things will happen to me. I'll never have to copy this paper again. People will think I am growing up and becoming a responsible person. I'll be happy, my family will be happy, and so will my friends. I'm going to really try to obey the rules and be a **POSITIVE ACTION PERSON**. I know that if I try hard enough, I can do it. I believe in me, and I want others to believe and trust me too. I am sorry for making the wrong choice(s), and I will not \_\_\_\_\_ again.

\_\_\_\_\_  
(Student signature)

\_\_\_\_\_  
(Parent's signature)

\_\_\_\_\_  
(Teacher's signature)