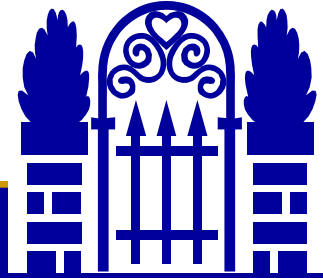


**Book of Virtues**  
by  
**William J. Bennett**

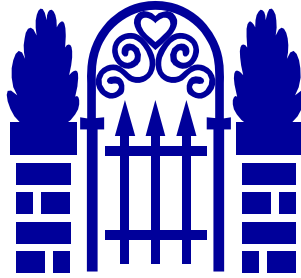


# **SELF- DISCIPLINE**

- **Introduction**
- **My Own Self**
- **The King and his Hawk**
- **Mr. Vinegar and his Fortune**
- **Our Lips and Ears**
- **The Fisherman and his Wife**
- **The Magic Thread**
- **The Golden Touch**
- **Phaeton**
- **To Everything There is a Season**

Unit Projects:  
Responsibility Charts  
Comic Strips

**Book of Virtues**  
by  
**William J. Bennett**



**SELF-**  
**DISCIPLINE**

- **Introduction**
- **My Own Self**
- **The King and his Hawk**
- **Mr. Vinegar and his Fortune**
- **Our Lips and Ears**
- **The Fisherman and his Wife**
- **The Magic Thread**
- **The Golden Touch**
- **Phaeton**
- **To Everything There is a Season**

Unit Projects:  
Responsibility Charts  
Comic Strips

# Self-Discipline Planning sheet

Take a few minutes to fill out these blocks. Fill in any responsibilities that you need to do in each area. Some ideas are:

Family: chores, help with sibling, cooking, family pet.

School: Help pull together supplies, do my assignments, music practice.

Some Church responsibilities could be attend mutual (youth group), write talk, read scriptures, say prayers.

Other responsibilities could include any extra things you do such as sports-practice jump shots, if you have a job, community service, etc.

## Family Responsibilities

[illegible]

## School Responsibilities

[illegible]

## Church Responsibilities

[illegible]

## Other Responsibilities

[illegible]

# Self-Discipline Planning sheet

Now take that information and plug it in to the chart below. Add them in to when each responsibility is supposed to be done. Be sure that you add in everything so you can really see how everything fits together. Don't worry about order—we'll work on that next!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

So here is an example:

Ok so now we look at each day. Sunday is usually the easiest as it normally has the least amount of responsibilities—so let's take a look at Sunday. This time add in your responsibilities and the TIME that you are supposed to do them at, or the order.

Sunday	Time

Sunday	Time
Church	9-12a
Family Time	7-8p
Cook dinner	6p
Emails for Church	8-9p

Now plug them into the week graph in the right order and at the right time! Then place them on each day's schedule. Cut them apart. Being able to follow this will take self-discipline. Follow this for 1 week.

# Self-Discipline Planning sheet

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am							
7am							
8 am							
9 am							
10 am							
11 am							
12 am							
1 pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							

Sunday	
Time	Activity
6:00 am	
7:00am	
8:00am	
9:00am	
10:00am	
11:00am	
12:00am	
1:00pm	
2:00pm	
3:00pm	
4:00pm	
5:00pm	
6:00pm	
7:00pm	
8:00pm	
9:00pm	
10:00pm	

# Self-Discipline Planning sheet

Monday	
Time	Activity
6:00 am	
7:00am	
8:00am	
9:00am	
10:00am	
11:00am	
12:00am	
1:00pm	
2:00pm	
3:00pm	
4:00pm	
5:00pm	
6:00pm	
7:00pm	
8:00pm	
9:00pm	
10:00pm	

Tuesday	
Time	Activity
6:00 am	
7:00am	
8:00am	
9:00am	
10:00am	
11:00am	
12:00am	
1:00pm	
2:00pm	
3:00pm	
4:00pm	
5:00pm	
6:00pm	
7:00pm	
8:00pm	
9:00pm	
10:00pm	

# Self-Discipline Planning sheet

Wednesday	
Time	Activity
6:00 am	
7:00am	
8:00am	
9:00am	
10:00am	
11:00am	
12:00am	
1:00pm	
2:00pm	
3:00pm	
4:00pm	
5:00pm	
6:00pm	
7:00pm	
8:00pm	
9:00pm	
10:00pm	

Thursday	
Time	Activity
6:00 am	
7:00am	
8:00am	
9:00am	
10:00am	
11:00am	
12:00am	
1:00pm	
2:00pm	
3:00pm	
4:00pm	
5:00pm	
6:00pm	
7:00pm	
8:00pm	
9:00pm	
10:00pm	

# Self-Discipline Planning sheet

Friday	
Time	Activity
6:00 am	
7:00am	
8:00am	
9:00am	
10:00am	
11:00am	
12:00am	
1:00pm	
2:00pm	
3:00pm	
4:00pm	
5:00pm	
6:00pm	
7:00pm	
8:00pm	
9:00pm	
10:00pm	

Saturday	
Time	Activity
6:00 am	
7:00am	
8:00am	
9:00am	
10:00am	
11:00am	
12:00am	
1:00pm	
2:00pm	
3:00pm	
4:00pm	
5:00pm	
6:00pm	
7:00pm	
8:00pm	
9:00pm	
10:00pm	



# Self-Discipline Comic Strips

---

Self-Discipline can be shown in many ways. Think of a time where you have shown self-discipline, or that you have seen someone use self-discipline to do what they needed to do. Make a comic strip to go with this moment of self-discipline. You can make it funny, sad, serious, even turn it into something you would find in a fictional comic book. Have fun with this!

--	--	--	--	--

A lack of Self-Discipline can cause many problems. Sometimes it can be comical, sometimes scary. Sometimes it can cause a whole lot of problems. This time make your comic strip show a time when someone has a serious lack of self-discipline.

--	--	--	--	--



# Self-Discipline Unit 1

## Introduction

---

### Vocabulary:

- Disciple
  - Philosophy
  - Development
  - Reason
  - Passion
  - Appetite
- 

### Questions:

What is the medicine most people find hard to swallow?  
Why is it hard to swallow?

---

---

---

---

---

Why do you think that giving yourself a greater challenge  
will help you overcome the smaller one?

---

---

---

---





# Self-Discipline Unit 1

## Introduction

---

---

---

---

---

---

---

---

---

A large, empty, rounded rectangle with a black outline, intended for a drawing or writing.

---



# Unit 1: Self-Discipline

## My Own Self

---



### Vocabulary:

Fore-end

Coax

Bide

Thereupon

---

### Questions:

1. Why did the widow not “care to sit up” late at night?

---

---

2. What did her son do that was so naughty?

---

---

3. Who was the boy’s visitor?

---

---

4. What did the boy do to the visitor?

---

---

5. Why was the boy willing to do as his mother asked?

---

---

# Unit 1: Self-Discipline

## My Own Self



---

---

---

---

---

---

---

---

---

---



# Unit 1: Self-Discipline

## The King and his Hawk

---

---

---

---

---

---

---

---

---

A large, empty rounded rectangle with a thin black border, intended for a drawing or a long piece of writing.



# Unit 1: Self-Discipline

## The King and his Hawk

---

Vocabulary:

Gaily

trickling

Whirring

---

Questions:

1. Who was a great king and warrior? \_\_\_\_\_

\_\_\_\_\_

2. What was the party doing out in the woods? \_\_\_\_\_

\_\_\_\_\_

3. Why was the hawk knocking the cup out of the king's hand?

\_\_\_\_\_

\_\_\_\_\_

4. How did the King repay his best friend?

\_\_\_\_\_

\_\_\_\_\_

5. What did the king say he would never do again?

\_\_\_\_\_

\_\_\_\_\_

6. Do you think the king could keep his promise? Do you think it would be easy?

\_\_\_\_\_

\_\_\_\_\_





# Unit 1: Self-Discipline Our Lips and Ears

---

## Vocabulary:

Jeers

meekly

observe

---

## Questions:

1. What 5 things should you observe with care?

---

---

2. What does “keeping meekly hid” mean? \_\_\_\_\_

---

3. What six things should you keep meekly hid? \_\_\_\_\_

---

---

4. What do you think this poem means to you? \_\_\_\_\_

---

5. Do you think this could be a situation that would be hard to swallow that medicine?? Why or why not? \_\_\_\_\_

---

---







# Unit 1: Self-Discipline

## Our Lips and Ears

---

---

---

---

---

---

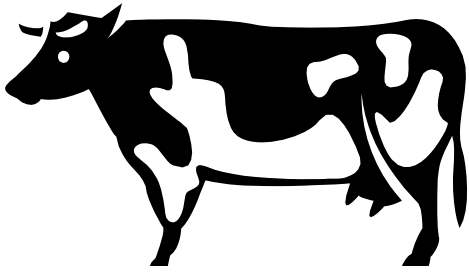
---

---

---

---





## Unit 1: Self-Discipline

### Mr. Vinegar and his Fortune

---

Vocabulary:

Fortune

helter-skelter

dunce

---

Questions:

1. What was wrong with the Vinegar's house?

---

---

2. What did Mrs. Vinegar put on her head? What did Mr. Vinegar put on his? \_\_\_\_\_

---

3. Where did the Vinegars sleep that night? \_\_\_\_\_

---

4. What woke up Mr. Vinegar and how did he react?

---

---

5. What happened to Mrs. Vinegar? \_\_\_\_\_

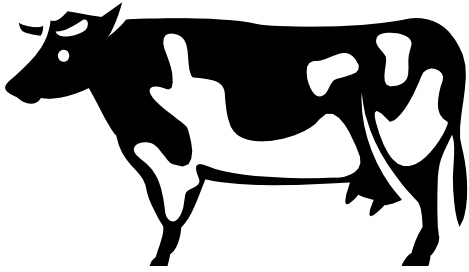
---

6. What did they find? \_\_\_\_\_

---

7. What should Mr. Vinegar have done with what he found to look more to the future? \_\_\_\_\_

---



# Unit 1: Self-Discipline

## Mr. Vinegar and his Fortune

---

---

---

---

---

---

---

---

---

A large, empty rounded rectangle box for writing, with a thin black border and rounded corners.



# Unit 1: Self Discipline

## The Fisherman and his Wife

---

Vocabulary:

Wretchedly

bidden

content

Jogged

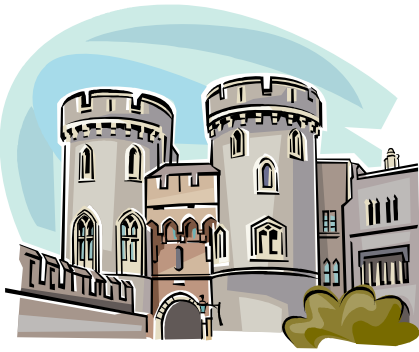
uneasy

---

Questions:

1. What all did the fisherman's wife tell her husband to beg from the magician? \_\_\_\_\_  
\_\_\_\_\_
2. Why do you think that the wife was never content?  
\_\_\_\_\_  
\_\_\_\_\_
3. Why do you think the fish returned the fisherman's home back to his old hut? \_\_\_\_\_  
\_\_\_\_\_
4. What does "enough is enough" mean? \_\_\_\_\_  
\_\_\_\_\_
5. Do you sometimes find yourself wishing for more then you have? How can self-discipline assist you in "curbing your desire"? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





# Unit 1: Self Discipline

## The Fisherman and his Wife

---

---

---

---

---

---

---

---

---





# Unit 1: Self-Discipline

## The Magic Thread

---

Vocabulary:

Hankering    seized    concentrating    apprenticed

Clambering    arduous    opposition

---

Questions:

1. How would you feel if all of a sudden you were offered a silver ball? Would you take it? \_\_\_\_\_  
\_\_\_\_\_
2. What things would pull the string for? \_\_\_\_\_  
\_\_\_\_\_
3. Do you think Peter was ungrateful? \_\_\_\_\_  
\_\_\_\_\_
4. What do you think the lesson that Peter learned was?  
\_\_\_\_\_  
\_\_\_\_\_
5. Can you explain how this relates to self-discipline?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





# Unit 1: Self-Discipline

## The Magic Thread



---

---

---

---

---

---

---

---

---





# Unit 1: Self-Discipline

## The Golden Touch

---

Questions:

1. What did King Midas want more than anything?

---

---

2. What gift did the stranger give to King Midas?

---

---

3. What surprise did he plan for Marygold? Did she like it? Why or why not? \_\_\_\_\_

---

---

4. What horrifying thing did Marygold do? Why was it so awful?

---

---

5. What did King Midas decide was the one item most worthy of having? \_\_\_\_\_

---

---

6. What do you think the phrase “having the Midas touch means”? \_\_\_\_\_

---

---

---







# Unit 1: Self-Discipline

## The Golden Touch

### Phaeton

---

---

---

---

---

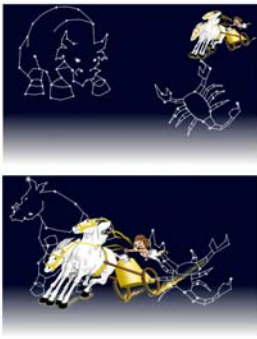
---

---

---

---





# Unit 1: Self-Discipline Phaeton

---

## Vocabulary:

Nymph

Zodiac

Ascent

beseech

mortal

perpetually

Ambrosia

---

## Questions:

1. Why did Phaeton go to see the sun god? \_\_\_\_\_  
\_\_\_\_\_
2. What did the Sun God offer as proof? \_\_\_\_\_  
\_\_\_\_\_
3. What was Phaeton's demand? \_\_\_\_\_  
\_\_\_\_\_
4. Did the Sun God want Phaeton to do what he had asked for? Why or why not?  
\_\_\_\_\_  
\_\_\_\_\_
5. Did Phaeton withdraw his request? \_\_\_\_\_  
\_\_\_\_\_
6. How do it work out for Phaeton? \_\_\_\_\_  
\_\_\_\_\_
7. Do your parents ever tell you to do something or not to do something without specifying a reason? Do you think that perhaps they have a good reason for what they ask? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





# Unit 1: Self-Discipline

## Phaeton

---

---

---

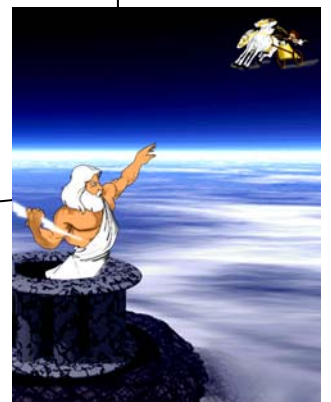
---

---

---

---

---





## Unit 1: Self-discipline

### To Everything There is a Season

Probably the most basic instruction ever given to mankind is this scripture excerpt from Ecclesiastes.

Explain what this scripture has to do with self-discipline.

---

---

---

---

---

---

---

What have you learned about self-discipline and how does it apply directly to you? \_\_\_\_\_

---

---

---

---

---

---

---





# Unit 1: Self-discipline

## To Everything There is a Season

---

---

---

---

---

---

---

---



# Unit 1: Self-Discipline Vocabulary

---

disciple \_\_\_\_\_

philosophy \_\_\_\_\_

development \_\_\_\_\_

reason \_\_\_\_\_

passion \_\_\_\_\_

appetite \_\_\_\_\_

fore-end \_\_\_\_\_

coax \_\_\_\_\_

bide \_\_\_\_\_

thereupon \_\_\_\_\_

gaily \_\_\_\_\_

trickling \_\_\_\_\_

whirring \_\_\_\_\_

fortune \_\_\_\_\_

helter-skelter \_\_\_\_\_

dunce \_\_\_\_\_

jeers \_\_\_\_\_

# Unit 1: Self-Discipline Vocabulary

---

meekly \_\_\_\_\_

observe \_\_\_\_\_

wretchedly \_\_\_\_\_

content \_\_\_\_\_

uneasy \_\_\_\_\_

bidden \_\_\_\_\_

jogged \_\_\_\_\_

hankering \_\_\_\_\_

concentrating \_\_\_\_\_

clambering \_\_\_\_\_

opposition \_\_\_\_\_

seized \_\_\_\_\_

apprenticed \_\_\_\_\_

arduous \_\_\_\_\_

nymph \_\_\_\_\_

zodiac \_\_\_\_\_

ascent \_\_\_\_\_

## Unit 1: Self-Discipline Vocabulary

---

mortal \_\_\_\_\_

beseech \_\_\_\_\_

perpetually \_\_\_\_\_

ambrosia \_\_\_\_\_



## Unit 1: Self-Discipline ~ Vocabulary Definitions

---

Disciple	Someone who believes and helps to spread the doctrine of another.
Philosophy	the study of the basic parts of human existence
development	A process in which something passes by degrees to a different stage (especially a more advanced or mature stage).
Reason	Think logically.
passion	Something that is desired intensely.
Appetite	A feeling of craving something.
fore-end	The end which precedes; the earlier, or the nearer, part; the beginning.
Coax	Influence or urge by gentle urging, caressing, or flattering.
bide	To tarry, linger, to wait for.
Thereupon	Immediately after that.
gaily	In a happy, energetic manner
trickling	Run or flow slowly, or in an unsteady stream.
whirring	to fly, turn, or move rapidly with a buzzing sound
fortune	Your overall circumstances or condition in life (including everything that happens to you).
helter-skelter	in a disorderly, careless or messy way.
Dunce	dim-witted, slow person, unintelligent person
jeers	Laugh or scoff at.
Meekly	mild in temper, patient, long suffering
observe	Conform one's action or practice to.
Wretchedly	in a deplorable state of distress or misfortune
content	Happy with what one has; satisfied.
Uneasy	Causing or fraught with or showing anxiety.
bidden	to issue a command to; direct.
Jogged	Stimulate to remember.
hankering	Desire strongly or persistently.
Concentrating	Draw together or meet in one common center.
clambering	to climb awkwardly (as by scrambling)
opposition	an action or belief against something
seized	Taken or captured by force.
Apprenticed	contracted to learn a trade from a skilled worker
Arduous	Taxing to the utmost; testing powers of endurance.
Nymph	(classical mythology) a minor nature goddess usually depicted as a beautiful maiden.
zodiac	(astrology) a circular diagram representing the 12 zodiacal constellations and showing their signs.
Ascent	A movement upward.
mortal	Subject to death.
Beseech	Ask for or request earnestly.
Perpetually	Lasting for an unlimited time.
Ambrosia	(classical mythology) the food and drink of the gods; mortals who ate it became immortal.

---

Make 2 copies. 1 for the student notebook. The second for matching. Cut words and definitions apart and then match the vocabulary word with it's definition.

# Unit 1: Self-Discipline Vocabulary

---

disciple \_\_\_\_\_

philosophy \_\_\_\_\_

development \_\_\_\_\_

reason \_\_\_\_\_

passion \_\_\_\_\_

appetite \_\_\_\_\_

fore-end \_\_\_\_\_

coax \_\_\_\_\_

bide \_\_\_\_\_

thereupon \_\_\_\_\_

gaily \_\_\_\_\_

trickling \_\_\_\_\_

whirring \_\_\_\_\_

fortune \_\_\_\_\_

helter-skelter \_\_\_\_\_

dunce \_\_\_\_\_

jeers \_\_\_\_\_

# Unit 1: Self-Discipline Vocabulary

---

meekly \_\_\_\_\_

observe \_\_\_\_\_

wretchedly \_\_\_\_\_

content \_\_\_\_\_

uneasy \_\_\_\_\_

bidden \_\_\_\_\_

jogged \_\_\_\_\_

hankering \_\_\_\_\_

concentrating \_\_\_\_\_

clambering \_\_\_\_\_

opposition \_\_\_\_\_

seized \_\_\_\_\_

apprenticed \_\_\_\_\_

arduous \_\_\_\_\_

nymph \_\_\_\_\_

zodiac \_\_\_\_\_

ascent \_\_\_\_\_

## Unit 1: Self-Discipline Vocabulary

---

mortal \_\_\_\_\_

beseech \_\_\_\_\_

perpetually \_\_\_\_\_

ambrosia \_\_\_\_\_

Disciple

Philosophy

development

Reason

passion

Appetite

fore-end

Coax

bide

Thereupon

gaily

trickling

whirring

fortune

helter-skelter

Dunce

jeers

Meekly

observe

Wretchedly

content

Uneasy

bidden

Jogged

hankering

Concentrating

clambering

opposition

seized

Apprenticed

Arduous

Nymph

zodiac

Ascent

mortal

Beseech

Perpetually

Ambrosia

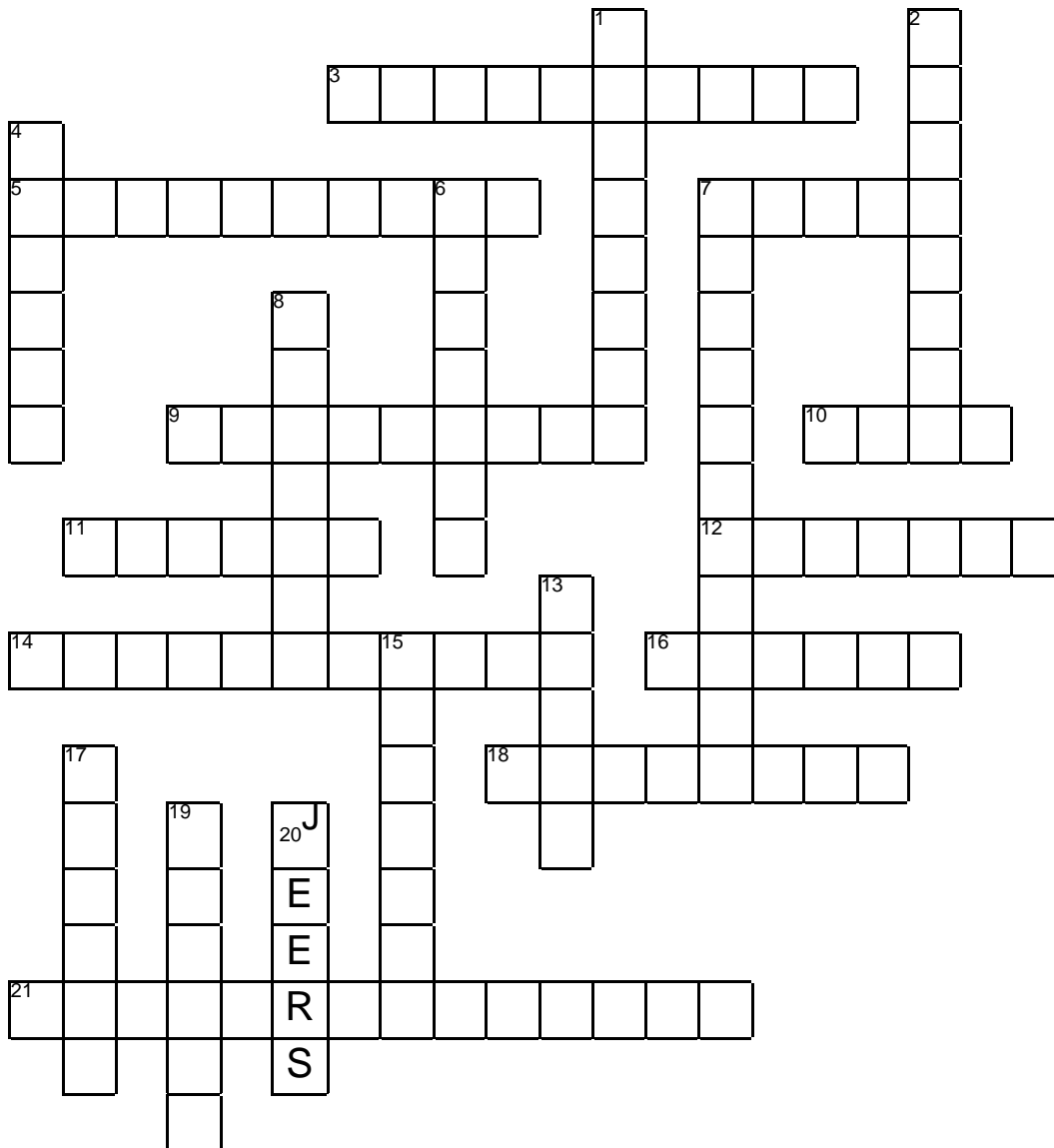
A process in which something passes by degrees to a different stage (especially a more advanced or mature stage).	the study of the basic parts of human existence	Someone who believes and helps to spread the doctrine of another.
A feeling of craving something.	Something that is desired intensely.	Think logically.
To tarry, linger, to wait for.	Influence or urge by gentle urging, caressing, or flattering.	The end which precedes; the earlier, or the nearer, part; the beginning.
Run or flow slowly, or in an unsteady stream.	In a happy, energetic manner	Immediately after that.
in a disorderly, careless or messy way.	Your overall circumstances or condition in life (including everything that happens to you).	to fly, turn, or move rapidly with a buzzing sound
mild in temper, patient, long suffering	Laugh or scoff at.	dim-witted, slow person, unintelligent person
Happy with what one has; satisfied.	in a deplorable state of distress or misfortune	Conform one's action or practice to.

Stimulate to remember.	to issue a command to; direct.	Causing or fraught with or showing anxiety.
to climb awkwardly (as by scrambling)	Draw together or meet in one common center.	Desire strongly or persistently.
contracted to learn a trade from a skilled worker	Taken or captured by force.	an action or belief against something
(astrology) a circular diagram representing the 12 zodiacal constellations and showing their signs.	(classical mythology) a minor nature goddess usually depicted as a beautiful maiden.	Taxing to the utmost; testing powers of endurance.
Ask for or request earnestly.	Subject to death.	A movement upward.
	(classical mythology) the food and drink of the gods; mortals who ate it became immortal.	Lasting for an unlimited time.



# Unit 1: Self-Discipline

Complete the crossword—not all vocabulary words will be used!  
One has been done for you.



**Across**

3. IN A DEPLORABLE STATE OF DISTRESS OR MISFORTUNE  
 5. AN ACTION OR BELIEF AGAINST SOMETHING  
 7. DIM-WITTED, SLOW PERSON, UNINTELLIGENT PERSON  
 9. DESIRE STRONGLY OR PERSISTENTLY.  
 10. TO TARRY, LINGER, TO WAIT FOR.  
 11. TO ISSUE A COMMAND TO; DIRECT.  
 12. SOMETHING THAT IS DESIRED INTENSELY.  
 14. LASTING FOR AN UNLIMITED TIME.  
 16. THINK LOGICALLY.  
 18. A FEELING OF CRAVING SOMETHING.  
 21. IN A DISORDERLY, CARELESS OR MESSY WAY.

**Down**

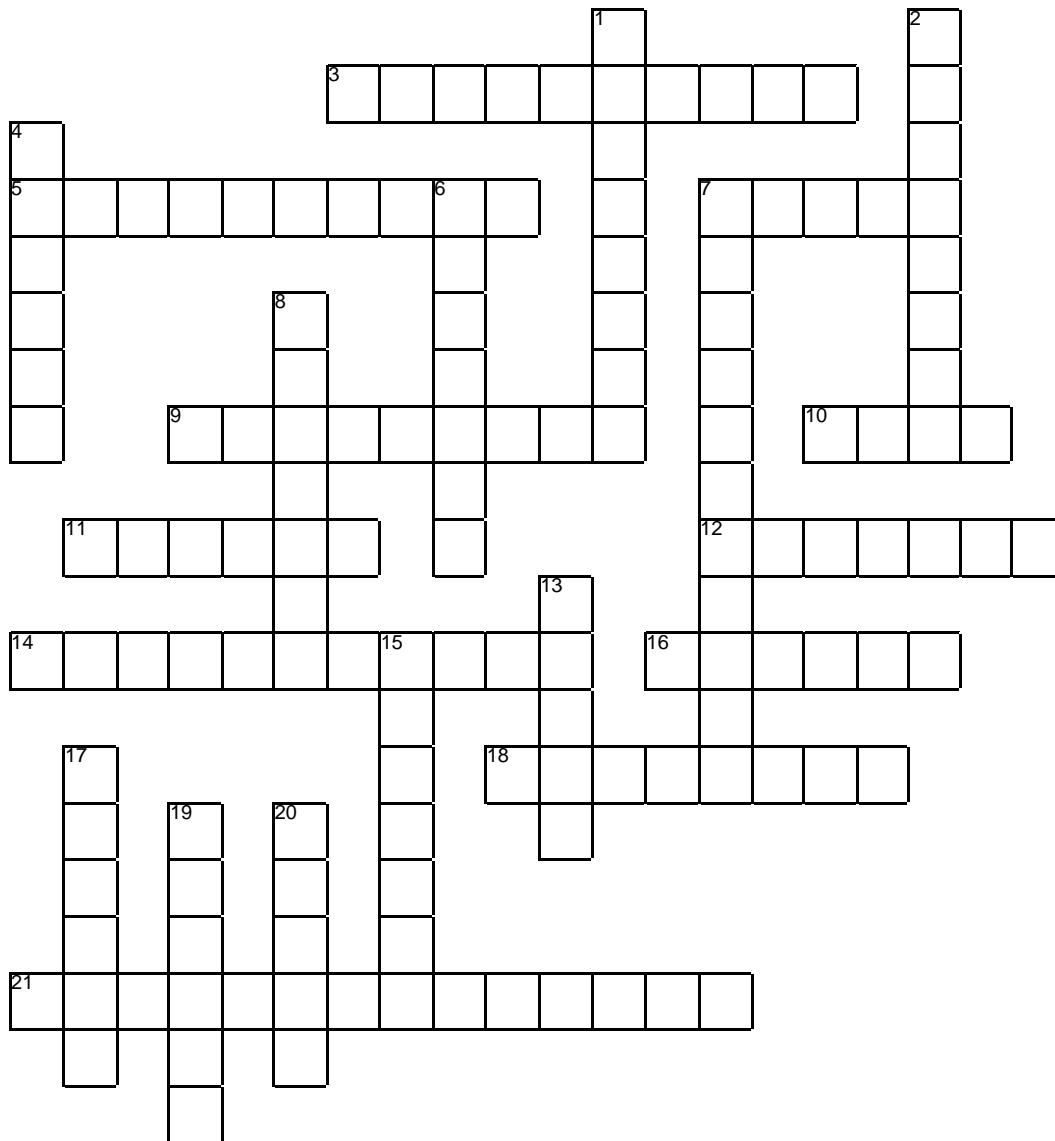
1. TO FLY, TURN, OR MOVE RAPIDLY WITH A BUZZING SOUND  
 2. THE END WHICH PRECEDES; THE EARLIER, OR THE NEARER, PART; THE BEGINNING.  
 4. (ASTROLOGY) A CIRCULAR DIAGRAM REPRESENTING THE 12 ZODIACAL CONSTELLATIONS AND SHOWING THEIR SIGNS.  
 6. CONFORM ONE'S ACTION OR PRACTICE TO.  
 7. A PROCESS IN WHICH SOMETHING PASSES BY DEGREES TO A DIFFERENT STAGE (ESPECIALLY A MORE ADVANCED OR MATURE STAGE).  
 8. HAPPY WITH WHAT ONE HAS; SATISFIED.  
 13. (CLASSICAL MYTHOLOGY) A MINOR NATURE GODDESS USUALLY DEPICTED AS A BEAUTIFUL  
 15. TAXING TO THE UTMOST; TESTING POWERS OF ENDURANCE.  
 17. TAKEN OR CAPTURED BY FORCE.  
 19. SUBJECT TO DEATH.  
 20. LAUGH OR SCOFF AT.

**Word bank**

Disciple		Concentrating		fortune	
Philosophy		clambering		helter-skelter	
development		opposition		Dunce	
Reason		seized		jeers	v
passion		Apprenticed		Meekly	
Appetite		Arduous		observe	
fore-end		Nymph		Wretchedly	
Coax		zodiac		content	
bide		Ascent		Uneasy	
Thereupon		mortal		bidden	
gaily		Beseech		Jogged	
trickling		Perpetually		hankering	
whirring		Ambrosia			

# Unit 1: Self-Discipline

Complete the crossword—not all vocabulary words will be used!



**Across**

- 3. IN A DEPLORABLE STATE OF DISTRESS OR MISFORTUNE
- 5. AN ACTION OR BELIEF AGAINST SOMETHING
- 7. DIM-WITTED, SLOW PERSON, UNINTELLIGENT PERSON
- 9. DESIRE STRONGLY OR PERSISTENTLY.
- 10. TO TARRY, LINGER, TO WAIT FOR.
- 11. TO ISSUE A COMMAND TO; DIRECT.
- 12. SOMETHING THAT IS DESIRED INTENSELY.
- 14. LASTING FOR AN UNLIMITED TIME.
- 16. THINK LOGICALLY.
- 18. A FEELING OF CRAVING SOMETHING.
- 21. IN A DISORDERLY, CARELESS OR MESSY WAY.

**Down**

- 1. TO FLY, TURN, OR MOVE RAPIDLY WITH A BUZZING SOUND
- 2. THE END WHICH PRECEDES; THE EARLIER, OR THE NEARER, PART; THE BEGINNING.
- 4. (ASTROLOGY) A CIRCULAR DIAGRAM REPRESENTING THE 12 ZODIACAL CONSTELLATIONS AND SHOWING THEIR SIGNS.
- 6. CONFORM ONE'S ACTION OR PRACTICE TO.
- 7. A PROCESS IN WHICH SOMETHING PASSES BY DEGREES TO A DIFFERENT STAGE (ESPECIALLY A MORE ADVANCED OR MATURE STAGE).
- 8. HAPPY WITH WHAT ONE HAS; SATISFIED.
- 13. (CLASSICAL MYTHOLOGY) A MINOR NATURE GODDESS USUALLY DEPICTED AS A BEAUTIFUL
- 15. TAXING TO THE UTMOST; TESTING POWERS OF ENDURANCE.
- 17. TAKEN OR CAPTURED BY FORCE.
- 19. SUBJECT TO DEATH.
- 20. LAUGH OR SCOFF AT.

# Unit 1: Self-Discipline

Can you find the hidden words? Not all vocabulary will be used!

One has been done for you

U	N	E	A	S	Y	A	L	P	N	E	D	I	A	M
R	Y	T	R	I	C	K	L	I	N	G	E	E	N	H
E	H	N	O	O	A	H	Y	A	K	Q	N	C	O	N
T	N	C	Y	W	P	Q	C	Z	T	U	U	O	P	B
L	D	Y	N	H	X	P	O	E	T	R	G	A	U	T
E	N	G	M	Q	P	N	O	R	E	T	O	X	E	N
K	E	L	N	P	M	O	O	S	O	S	O	M	R	E
S	R	D	C	I	H	F	S	S	I	X	E	X	E	T
W	E	E	M	L	R	S	U	O	A	T	E	B	H	N
R	R	Z	A	E	H	E	R	D	L	E	I	D	T	O
E	O	I	J	E	E	E	K	E	E	I	R	O	I	C
T	F	E	O	X	C	K	P	N	E	G	H	W	N	B
L	V	S	R	N	X	E	L	B	A	J	G	P	E	U
E	Q	R	U	U	E	C	K	Y	H	H	R	O	V	I
H	Z	D	B	I	D	D	E	N	R	C	Q	L	J	D

## Clues

- |  |   |  |
|--|---|--|
| 1. ASK FOR OR REQUEST EARNESTLY.<br>2. TO TARRY, LINGER, TO WAIT FOR.<br>3. YOUR OVERALL CIRCUMSTANCES OR CONDITION IN LIFE (INCLUDING EVERYTHING THAT HAPPENS TO YOU).<br>4. DESIRE STRONGLY OR PERSISTENTLY.<br>5. HAPPY WITH WHAT ONE HAS; SATISFIED.<br>6. DIM-WITTED, SLOW PERSON, UNINTELLIGENT PERSON<br>7. THE STUDY OF THE BASIC PARTS OF HUMAN EXISTENCE | 9. THINK LOGICALLY.<br>10. MILD IN TEMPER, PATIENT, LONG SUFFERING<br>11. IMMEDIATELY AFTER THAT.<br>12. SUBJECT TO DEATH.<br>13. IN A DISORDERLY, CARELESS OR MESSY WAY.<br>14. RUN OR FLOW SLOWLY, OR IN AN UNSTEADY STREAM.<br>15. (CLASSICAL MYTHOLOGY) A MINOR NATURE GODDESS USUALLY DEPICTED AS A BEAUTIFUL<br>16. AN ACTION OR BELIEF AGAINST SOMETHING | <div style="color: green; font-size: 1.2em; margin-bottom: 5px;">✓</div> 17. CAUSING OR FRAUGHT WITH OR SHOWING ANXIETY.<br>18. THE END WHICH PRECEDES; THE EARLIER, OR THE NEARER, PART; THE BEGINNING.<br>19. LAUGH OR SCOFF AT.<br>20. TAKEN OR CAPTURED BY FORCE.<br>21. TO ISSUE A COMMAND TO; DIRECT.<br>22. INFLUENCE OR URGE BY GENTLE URGING, CARESSING, OR FLATTERING.<br>23. STIMULATE TO REMEMBER. |
|--|---|--|

NOTE: There is not a #8!

## Word Bank

Disciple		Concentrating		fortune	
Philosophy		clambering		helter-skelter	
development		opposition		Dunce	
Reason		seized		jeers	
passion		Apprenticed		Meekly	
Appetite		Arduous		observe	
fore-end		Nymph		Wretchedly	
Coax		zodiac		content	
bide		Ascent		Uneasy	✓
Thereupon		mortal		bidden	
gaily		Beseech		Jogged	
trickling		Perpetually		hankering	
whirring		Ambrosia			

# Unit 1: Self-Discipline

Can you find the hidden words? Not all vocabulary will be used!

U	N	E	A	S	Y	A	L	P	N	E	D	I	A	M
R	Y	T	R	I	C	K	L	I	N	G	E	E	N	H
E	H	N	O	O	A	H	Y	A	K	Q	N	C	O	N
T	N	C	Y	W	P	Q	C	Z	T	U	U	O	P	B
L	D	Y	N	H	X	P	O	E	T	R	G	A	U	T
E	N	G	M	Q	P	N	O	R	E	T	O	X	E	N
K	E	L	N	P	M	O	O	S	O	S	O	M	R	E
S	R	D	C	I	H	F	S	S	I	X	E	X	E	T
W	E	E	M	L	R	S	U	O	A	T	E	B	H	N
R	R	Z	A	E	H	E	R	D	L	E	I	D	T	O
E	O	I	J	E	E	E	K	E	E	I	R	O	I	C
T	F	E	O	X	C	K	P	N	E	G	H	W	N	B
L	V	S	R	N	X	E	L	B	A	J	G	P	E	U
E	Q	R	U	U	E	C	K	Y	H	H	R	O	V	I
H	Z	D	B	I	D	D	E	N	R	C	Q	L	J	D

## Clues

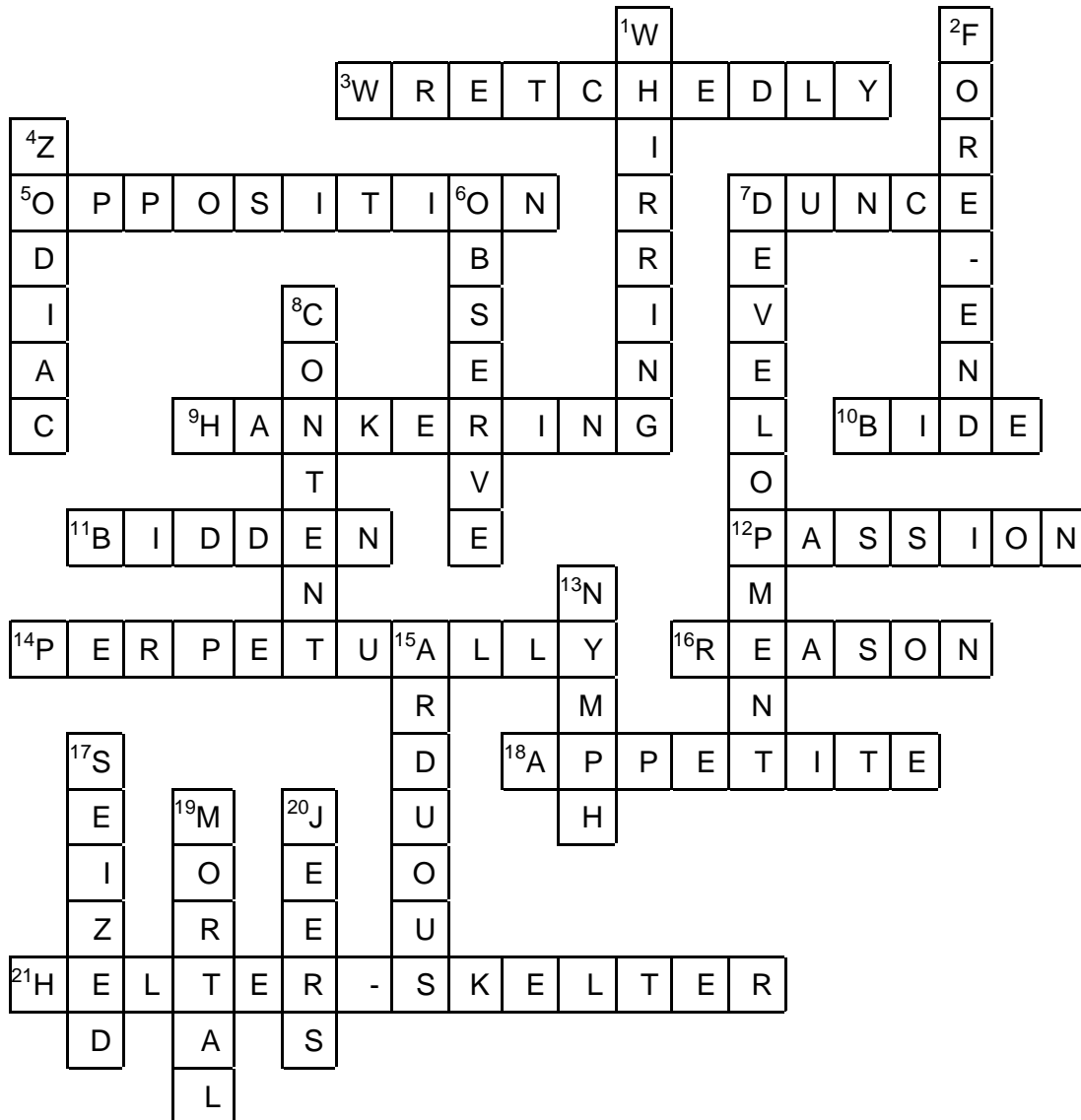
- |   |   |  |
|---|---|--|
| 1. ASK FOR OR REQUEST<br>EARNESTLY.   | 9. THINK LOGICALLY.   | 17. CAUSING OR FRAUGHT WITH<br>OR SHOWING ANXIETY.                                 |
| 2. TO TARRY, LINGER, TO WAIT<br>FOR.  | 10. MILD IN TEMPER, PATIENT,<br>LONG SUFFERING  | 18. THE END WHICH PRECEDES;<br>THE EARLIER, OR THE NEARER,<br>PART; THE BEGINNING. |
| 3. YOUR OVERALL<br>CIRCUMSTANCES OR CONDITION<br>IN LIFE (INCLUDING EVERYTHING<br>THAT HAPPENS TO YOU). | 11. IMMEDIATELY AFTER THAT.   | 19. LAUGH OR SCOFF AT.   |
| 4. DESIRE STRONGLY OR<br>PERSISTENTLY.  | 12. SUBJECT TO DEATH.   | 20. TAKEN OR CAPTURED BY<br>FORCE.   |
| 5. HAPPY WITH WHAT ONE HAS;<br>SATISFIED.   | 13. IN A DISORDERLY, CARELESS<br>OR MESSY WAY.  | 21. TO ISSUE A COMMAND TO;<br>DIRECT.  |
| 6. DIM-WITTED, SLOW PERSON,<br>UNINTELLIGENT PERSON   | 14. RUN OR FLOW SLOWLY, OR IN<br>AN UNSTEADY STREAM.                                      | 22. INFLUENCE OR URGE BY<br>GENTLE URGING, CARESSING, OR<br>FLATTERING.            |
| 7. THE STUDY OF THE BASIC<br>PARTS OF HUMAN EXISTENCE   | 15. (CLASSICAL MYTHOLOGY) A<br>MINOR NATURE GODDESS<br>USUALLY DEPICTED AS A<br>BEAUTIFUL | 23. STIMULATE TO REMEMBER.   |
|   | 16. AN ACTION OR BELIEF<br>AGAINST SOMETHING  |  |

NOTE: There is not a #8!



# CROSSWORD

## Complete the crossword



### Across

3. IN A DEPLORABLE STATE OF DISTRESS OR MISFORTUNE  
5. AN ACTION OR BELIEF AGAINST SOMETHING  
7. DIM-WITTED, SLOW PERSON, UNINTELLIGENT PERSON  
9. DESIRE STRONGLY OR PERSISTENTLY.  
10. TO TARRY, LINGER, TO WAIT FOR.  
11. TO ISSUE A COMMAND TO; DIRECT.  
12. SOMETHING THAT IS DESIRED INTENSELY.  
14. LASTING FOR AN UNLIMITED TIME.

## Down

1. TO FLY, TURN, OR MOVE RAPIDLY WITH A BUZZING SOUND
2. THE END WHICH PRECEDES; THE EARLIER, OR THE NEARER, PART; THE BEGINNING.
4. (ASTROLOGY) A CIRCULAR DIAGRAM REPRESENTING THE 12 ZODIACAL CONSTELLATIONS AND SHOWING THEIR SIGNS.
6. CONFORM ONE'S ACTION OR PRACTICE TO.
7. A PROCESS IN WHICH SOMETHING PASSES

16. THINK LOGICALLY.  
18. A FEELING OF CRAVING SOMETHING.  
21. IN A DISORDERLY, CARELESS OR MESSY WAY.

BY DEGREES TO A DIFFERENT STAGE  
(ESPECIALLY A MORE ADVANCED OR MATURE STAGE).  
8. HAPPY WITH WHAT ONE HAS; SATISFIED.  
13. (CLASSICAL MYTHOLOGY) A MINOR NATURE GODDESS USUALLY DEPICTED AS A BEAUTIFUL  
15. TAXING TO THE UTMOST; TESTING POWERS OF ENDURANCE.  
17. TAKEN OR CAPTURED BY FORCE.  
19. SUBJECT TO DEATH.  
20. LAUGH OR SCOFF AT.

**Across**

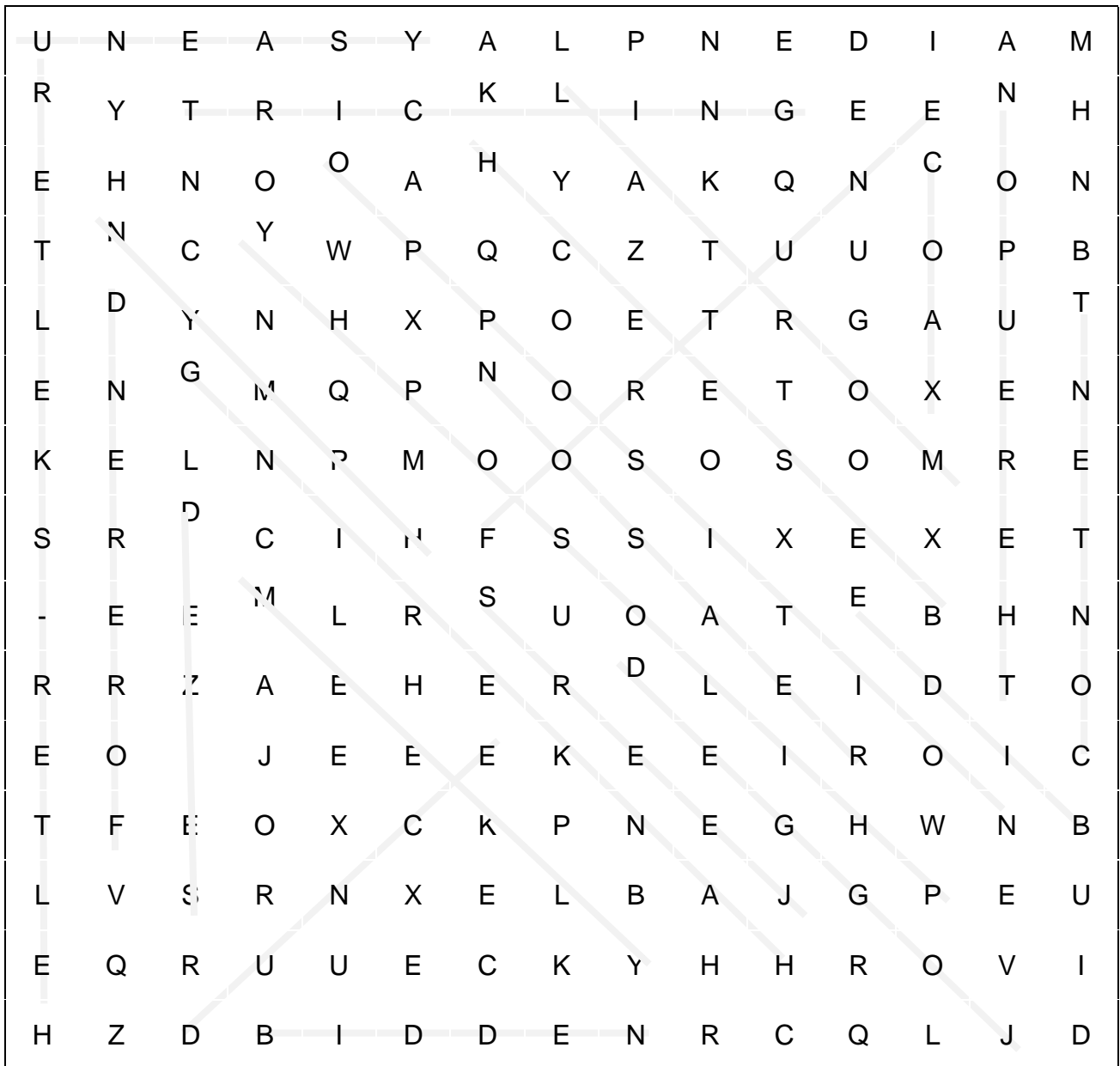
3. WRETCHEDLY  
5. OPPOSITION  
7. DUNCE  
9. HANKERING  
10. BIDE  
11. BIDDEN  
12. PASSION  
14. PERPETUALLY  
16. REASON  
18. APPETITE  
21. HELTER-SKELTER

**Down**

1. WHIRRING  
2. FORE-END  
4. ZODIAC  
6. OBSERVE  
7. DEVELOPMENT  
8. CONTENT  
13. NYMPH  
15. ARDUOUS  
17. SEIZED  
19. MORTAL  
20. JEERS

# Word Search

Can you find the hidden words?



(Note: There is not a #8)

1. ASK FOR OR REQUEST  
EARNESTLY.  
2. TO TARRY, LINGER, TO WAIT  
FOR.  
3. YOUR OVERALL  
CIRCUMSTANCES OR CONDITION  
IN LIFE (INCLUDING EVERYTHING  
THAT HAPPENS TO YOU).  
4. DESIRE STRONGLY OR  
PERSISTENTLY.  
5. HAPPY WITH WHAT ONE HAS;  
SATISFIED.  
6. DIM-WITTED, SLOW PERSON,  
UNINTELLIGENT PERSON  
7. THE STUDY OF THE BASIC  
PARTS OF HUMAN EXISTENCE

9. THINK LOGICALLY.  
10. MILD IN TEMPER, PATIENT,  
LONG SUFFERING  
11. IMMEDIATELY AFTER THAT.  
12. SUBJECT TO DEATH.  
13. IN A DISORDERLY, CARELESS  
OR MESSY WAY.  
14. RUN OR FLOW SLOWLY, OR IN  
AN UNSTEADY STREAM.  
15. (CLASSICAL MYTHOLOGY) A  
MINOR NATURE GODDESS  
USUALLY DEPICTED AS A  
BEAUTIFUL  
16. AN ACTION OR BELIEF  
AGAINST SOMETHING

17. CAUSING OR FRAUGHT WITH  
OR SHOWING ANXIETY.  
18. THE END WHICH PRECEDES;  
THE EARLIER, OR THE NEARER,  
PART; THE BEGINNING.  
19. LAUGH OR SCOFF AT.  
20. TAKEN OR CAPTURED BY  
FORCE.  
21. TO ISSUE A COMMAND TO;  
DIRECT.  
22. INFLUENCE OR URGE BY  
GENTLE URGING, CARESSING, OR  
FLATTERING.  
23. STIMULATE TO REMEMBER.

ANSWER KEY (Starting letter: x,y)

1. BESEECH(13,9)  
2. BIDE(15,12)  
3. FORTUNE(7,8)  
4. HANKERING(11,14)  
5. CONTENT(15,11)  
6. DUNCE(3,15)  
7. PHILOSOPHY(13,13)

9. REASON(12,11)  
10. MEEKLY(4,9)  
11. THEREUPON(14,10)  
12. MORTAL(13,7)  
13. HELTER-SKELTER(1,15)  
14. TRICKLING(3,2)  
15. NYMPH(2,4)  
16. OPPOSITION(5,3)

17. UNEASY(1,1)  
18. FORE-END(2,12)  
19. JEERS(11,13)  
20. SEIZED(3,13)  
21. BIDDEN(4,15)  
22. COAX(13,3)  
23. JOGGED(14,15)

*"No man is fit to command  
another who cannot command  
himself."*

William Penn

---

---

---

---

---

---

---

*"No man is fit to command  
another who cannot  
command himself."*

William Penn

— — — — —

— — — — —

— — — — —

— — — — —

— — — — —

— — — — —

*"No man is fit to command another who cannot  
command himself."*

*William Penn*

*Do you need to try again?*

*Check your work, is it neat?* \_\_\_\_\_

*"Rule your mind or it will rule  
you."*

Horace

---

---

---

---

---

---



*"Rule your mind or it  
will rule you."*

Horace

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*"Rule your mind or it will rule you."*

*Horace*

---

---

---

---

---

---

*Do you need to try again?*

---

---

---

---

---

---

*Check your work, is it neat?* \_\_\_\_\_

*"Without discipline, there's no life at all."*

Katherine Hepburn

---

---

---

---

---

---

---

*"Without discipline,  
there's no life at all."*

Katherine Hepburn

— — — — —

— — — — —

— — — — —

— — — — —

— — — — —

— — — — —

*Without discipline, there's no life at all."*

*Katherine Hepburn*

*Do you need to try again?*

*Check your work, is it neat?* \_\_\_\_\_

"To enjoy freedom, we have to  
control ourselves."

Virginia Woolf

---

---

---

---

---

---

"To enjoy freedom, we  
have to control  
ourselves."

Virginia Woolf

— — — — —

— — — — —

— — — — —

— — — — —

— — — — —

— — — — —

*"To enjoy freedom, we have to control ourselves."*

*Virginia Woolf*

*Do you need to try again?*

*Check your work, is it neat?* \_\_\_\_\_



*"Patience is full power and  
command of myself."*

Raleais

---

---

---

---

---

---

---

*"Patience is full power  
and command of myself."*

Ral eai s

— — — — —

— — — — —

— — — — —

— — — — —

— — — — —

— — — — —

*"Patience is full power and command of myself."*

*Raleais*

---

---

---

---

---

---

*Do you need to try again?*

---

---

---

---

---

---

*Check your work, is it neat?* \_\_\_\_\_

*"Self expression is good; self-control  
is better."*

Author unknown

---

---

---

---

---

---

---

*"Self expression is good;  
self-control is better."*

Author unknown

— — — — —

— — — — —

— — — — —

— — — — —

— — — — —

— — — — —

*"Self expression is good; self-control is better."*

*Author unknown*

*Do you need to try again?*

*Check your work, is it neat?* \_\_\_\_\_

*"Lack of will power has caused more failure than lack of intelligence or ability."*

Flower Newhouse

---

---

---

---

---

---

---

*"Lack of will power has  
caused more failure than  
lack of intelligence or  
ability."*

Flower Newhouse

— — — — —

— — — — —

— — — — —

— — — — —

— — — — —



*"Lack of will power has caused more failure than  
lack of intelligence or ability."*

*Flower Newhouse*

---

---

---

---

---

---

*Do you need to try again?*

---

---

---

---

---

---

*Check your work, is it neat?* \_\_\_\_\_

*"Being disciplined is painful, but it  
is good for you."*

Epicurus

---

---

---

---

---

---

*"Being disciplined is  
painful, but it is good  
for you."*

Epicurus

— — — — —

— — — — —

— — — — —

— — — — —

— — — — —

— — — — —

*"Being disciplined is painful, but it is good for you."*  
*Epicurus*

*Do you need to try again?*

*Check your work, is it neat?* \_\_\_\_\_

*"He who reins within himself and  
rules passions, desires, and fears is  
more than a king."*

John Milton

---

---

---

---

---

---

---

*"He who reins within  
himself and rules  
passions, desires, and  
fears is more than a  
king."*  
John Milton

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*"He who reins within himself and rules passions,  
desires, and fears is more than a king."*

*John Milton*

*Do you need to try again?*

*Check your work, is it neat?* \_\_\_\_\_

*"Discipline is the bridge between  
goals and accomplishment."*

Jim Rohn

---

---

---

---

---

---

---



*"Discipline is the bridge  
between goals and  
accomplishment."*

Jim Rohn

— — — — —

— — — — —

— — — — —

— — — — —

— — — — —

— — — — —

*Discipline is the bridge between goals and accomplishment. "*

*Jim Rohn*

*Do you need to try again?*

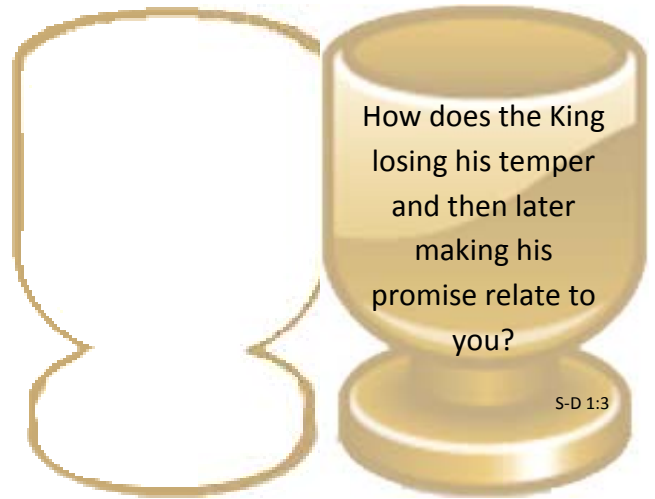
*Check your work, is it neat?* \_\_\_\_\_

# Book of Virtues

## Unit 1: Self-Discipline



Why is Self-Discipline called  
medicine?



Cut out Beginning, Middle and End and paste  
them on to the other side of S-D 1:2. Then retell  
the story of My Own Self showing the  
Beginning, middle and end stages of the story.

End

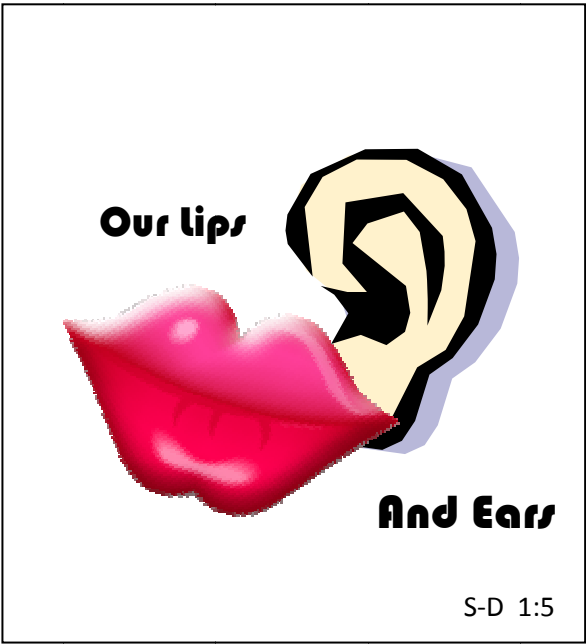
Middle

Beginning



Mr. Vinegar's Fortune	He Traded: _____	For A: _____
	He Traded: _____	For A: _____
	He Traded: _____	For A: _____
	He Traded: _____	For A: _____
	<div style="display: flex; flex-wrap: wrap;"> <div style="border: 1px solid green; width: 50%; height: 50px; margin: 2px;"></div> <div style="border: 1px solid green; width: 50%; height: 50px; margin: 2px;"></div> <div style="border: 1px solid green; width: 50%; height: 50px; margin: 2px;"></div> <div style="border: 1px solid green; width: 50%; height: 50px; margin: 2px;"></div> </div>	

Top Layer



Example

S-D 1:5

top

Middle

Bottom

Middle layer

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**5 Things we should observe**

Bottom layer

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

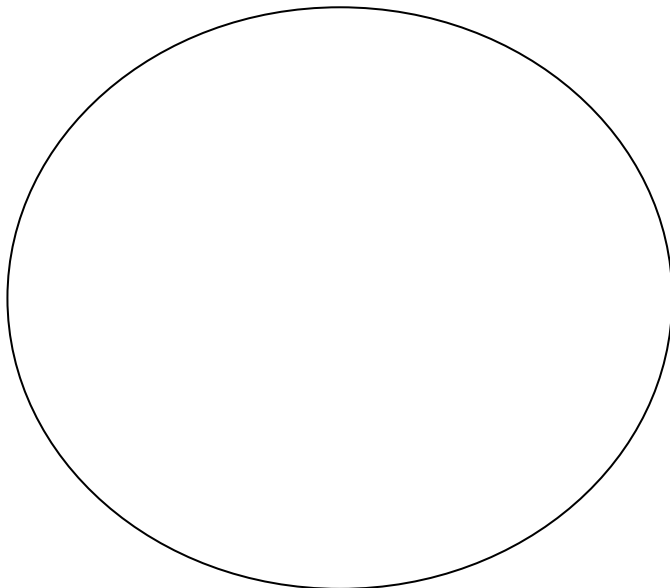
**6 Things we should hide.**

Have you ever been  
discontent with what



you already had?

S-D 2:1



S-D 2:2

How would you feel  
if you had been  
granted the  
Golden Touch?




S-D 2:3

Glue cover on front of Phaeton mini book.



S-D 2:4

**What action or attitude  
shows that Phaeton lacked  
self-discipline?**

For every thing there is a season, and a time for every purpose under the heaven:	
A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted;	
A time to kill, and a time to heal; a time to break down and a time to build up;	
A time to weep, and a time to laugh; a time to mourn, and a time to dance;	
A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing	
A time to get, and a time to lose; a time to keep, and a time to cast away;	
A time to rend, and a time to sew; a time to keep silence, and a time to speak;	
A time to love, and a time to hate; a time of war, and a time of peace.	

*To*

*everything*

*there is a*

*Season*

S-D 2:5

Paraphrase, or rewrite, each portion of the Scripture

This one is the Unit Wrap up. You can use either of the unit titles, or even make your own!

Write different ways that we show Self-Discipline. Add them to your fruit bowl.

If you want you can cut along the bowl edge to have a round edge instead of the straight line!

# Self-Discipline

Ways I can show Self-Discipline!

