

Virtue Reflection Worksheet — Self-Control

Stage 1: Initial Assessment (Understanding Your Starting Point)

Before beginning your focused study period, reflect on your current relationship with this virtue.

Practitioner Notes

Sponsor Notes

Stage 2: Building a Practice of Self-Control

Reflect on the meaning of this virtue and what practicing it looks like.

Practitioner Notes

Sponsor Notes

Virtue Reflection Worksheet — Self-Control (continued)

Stage 2: Building a Practice of Self-Control (continued)

Reflect on your experiences during this focused period of growth.

Practitioner Notes

Sponsor Notes

Stage 3: Maintaining an Ongoing Virtue Practice

Based on your reflections from the growth period, outline plans for continuing to integrate this virtue.

Practitioner Notes

Sponsor Notes