### V.I.P. (Virtue Improvement Plan) for Self-Control

**Target virtue:** self-control.

**Challenges I face**

1. Losing patience when my sister Kate annoys me.

2. Spending too much time playing Fortnite.

**Strategies I will try**

1. Ask her nicely to stop. If that doesn't work, say, “Would you please stop—or should I get Mum?”
2. Count to 20 to keep my temper.
3. Ask a parent to ask her to stop.

**What happened when I tried this strategy**

1. Asking nicely didn't work. But saying “Should I get Mum?” usually did.
2. I usually forgot to count. Once I did lose my temper, yelled at her, and stormed off in a bad mood.
3. One time I had to get Mum. Kate was mad at me for telling, but I had asked her to stop.

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**Target virtue:** love.

**Challenges I face**

1. Arguing with my siblings after my parents have asked us to stop.

2. Gossiping at school about people my friends don't like.

**Strategies I will try**

1. Write out an agreement with my parent(s) for when I can play each day and how long.
2. Set the timer.
3. Lose it for next day if I don't keep the agreement.

**What happened when I tried it**

1. Mum and I made an agreement and setting the timer really did help.
2. Once I went 15 minutes over and lost it for the next day. But it was fair because I had agreed.

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*He saw that Fortnite was taking over his life. Since his V.I.P., he has managed his time on that well.*

—A MOTHER

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### V.I.P. for Love

**Target virtue:** love.

**Challenges I face**

1. Arguing with my siblings after my parents have asked us to stop.

2. Gossiping at school about people my friends don't like.

**Strategies I will try**

1. Say “Yes, Mum” or “Yes, Dad”—and then stop arguing.
2. Say to myself, “This isn’t a big deal,” and just let it go.
3. Try to get along better.

**What happened when I tried it**

1. Looking down was the easiest thing to do.
2. One time I said “Gotta go” and did. That was hard.
3. Saying something good was the hardest.
4. Once I went along with what the group was saying. I felt bad about that.