

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.

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

—A MOTHER

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.

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 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.

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.

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.

1. Look down and not say anything.
2. Say, "Gotta go" and leave.
3. Say something good about the person.

What happened when I tried it

Mum says it upsets the whole house when us kids bicker, but I get so mad it's hard to stop. Mum said there will have to be a consequence if we don't stop.

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.