

# Power Tool #4: Self Control

## Step 1: Words to Know

**Directions:** Review and master each term before watching the video.

TERM	DEFINITION
<b>Grudgingly</b>	in a reluctant or resentful manner
<b>Murmur</b>	say something in a low voice; mumble something
<b>Possess</b>	having something as one's own
<b>Essential</b>	absolutely necessary; indispensable
<b>Distractions</b>	things that prevent a person from focusing or concentrating
<b>Criticism</b>	a negative judgment made by someone about someone else
<b>Snipe</b>	attack another person verbally; pick on another person using words
<b>Regulate</b>	to adjust to a standard or requirement; to put in good order

## Step 2: Watch the Video: Power Tool #4 - SELF CONTROL

**Directions:** Access the video from the Crossover Training web site: [www.crossovertraining.org](http://www.crossovertraining.org). Go to Power Tools and then click on Power Tools Units.

## Step 3: Memorize Power Pledge Verse

**Directions:** You must memorize this verse of the Crossover Power Pledge.

I have Self-Control. I come **prepared**, ignore **distractions**,  
and do **not waste time**.

## Step 4: Take the Power Tool #4 - SELF CONTROL Quiz

**Directions:** Access the quiz from the Crossover Training web site: [www.crossovertraining.org](http://www.crossovertraining.org). Go to Power Tools and then click on Power Tools Units. There are two quiz levels. Junior quizzes are for elementary grades through sixth grade. Pro quizzes are for grades seven through high school.

## Step 5: Recite Power Pledge Verses Learned So Far

**Directions:** You must successfully recite all the verses of the Power Pledge you have learned so far to a Crossover tutor or staff member in order to have it signed off on your Power Tools Log.

**Hints:** I am a powerful person ... I have GRIT ... I have OPTIMISM ... I have RESILIENCE ... I have SELF CONTROL ...