A ten-day practice and an original workshop

Published: 2026-10-25

This is an experiment, not a promise to change your character in ten days. Days 1-2: choose one action, a personal reason and a cue. Days 3-5: do the smallest version and record the fact. Days 6-8: identify one recurring obstacle and change the conditions. Days 9-10: compare your plan with events and choose the next small step. Workshop exercise: write “my reason - exact action - when - evidence - adjustment if interrupted”. Example: “To prepare for an assessment, I will solve one problem after dinner; I will save the working; if I arrive late, I will read the question and schedule the continuation.”

Name / project: _____

Fill the blank rows with your own examples.

Self-control, willpower and self-motivation in plain language

Self-control means noticing an impulse and choosing an action that fits a rule or goal: you want to interrupt but first listen. In psychology, self-regulation also includes observing what you do, comparing it with your intention and adjusting. Willpower is an everyday name for effort when an immediate wish competes with a chosen task. Self-discipline makes that intention a repeated practice. In education, an adult gradually shares manageable responsibility with a child. A citizenship example is waiting your turn without a reminder.

Self-motivation means finding your own reason to act and starting without constant prompting. A grade 9 or 10 example is: “I want to understand physics, so today I will work through one problem myself.” This follows the direction of CBSE learning materials on independent work; check your own syllabus for an examination definition.

For a child, self-motivation can be: “I want to build a house, so I will find the first piece myself.” An adult helps make the purpose understandable without having to prompt every step.

Helping a child practise self-discipline

Agree on one manageable action, such as returning five building pieces after playing. Demonstrate it, offer two acceptable times and leave a clear reminder. Do it together first, then let the child mark their attempt. Describe the action: “You put the pieces back.” After a missed attempt, find the obstacle and reduce the step. For a younger child, willpower might mean finishing two sentences before the next game. Sleep, food, safety and respect are basic needs, not rewards to withhold. Shouting and humiliation do not teach the skill.

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A self-check and original short quotations

This original self-check is not a diagnostic or validated psychological test. For the last seven days, count occasions when you noticed an urge to switch tasks, paused before replying, returned after a lapse or requested help before conflict. For communication, add one example of listening through and one of interrupting. Do not turn the total into a personality rating; choose one behaviour to practise next week.

These lines were written by our editors and are not attributed to famous people: “My next step matters more than a perfect mood.” For students: “One completed exercise is movement.” For children: “I can try again with a smaller step.” For the gym: “A time in my calendar helps me show up.” For women balancing several roles: “My day has room for my own work.” A short caption: “One deliberate step today.” Use them as reminders; these are text quotations, not downloadable wallpaper or images.

Two more original editorial lines: “I can pause before I reply”; “Motivation gives me a reason; discipline gives my next step a time.”

Field	My answer
My reason	
One observable action	
When and after what	
Evidence	
Adjustment if interrupted	

Sources

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