



## "The surest test of discipline is its absence." --Clara Barton (founder of the American Red Cross)

Reflect back on the past year. In what area of your life were you most disciplined? Was it a school assignment, participation in a club or sport team etc? Why do you think you were so disciplined, and did it pay off?		
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## "I dream my painting and then I paint my dream." --Vincent van Gogh (Dutch Post-Impressionist painter)

must one do?	How can this quote be applied to one's life? In order to achieve a dream, who must one do?		

## "The most valuable of all talents is that of never using two words when one will do." --Thomas Jefferson (3<sup>rd</sup> President of the United States)

What do you think is the single most powerful or important word in your life. (Yo can only choose one!) Identify that word, and explain its power and significance in detail. (It may be helpful to brainstorm a list of possibilities befor choosing your word.)		