

Growth Planning Life-Skill #1

BEING ABLE TO USE IMPULSE CONTROL & DELAYED GRATIFICATION\* IN OUR EVERYDAY LIFE

\* Impulse control and delayed (vs. instant) gratification is the ability to decide to be patient and wait to get *later* in life what we think we want or need *right now!*



**THIS IS TRULY LIFE-SKILL #1!!** Why is it #1? Because if we don't have the ability to say **NO!** or **STOP!** to our emotional impulses, we'll never succeed in life – it's as simple as that.

We should have acquired this Life-Skill as kids. But to succeed in today's "got-to-have-it-now!" American culture . . . we need to re-learn, re-sharpen, and use this Life-Skill on an everyday basis.

➤ In what specific areas of your everyday life do you need to use impulse control and delayed gratification ?

GROWTH PLANNING LIFE-SKILL #1 ANALYSIS & MEASUREMENT FORM  
Being Able To Use Impulse Control & Delayed Gratification  
In Our Everyday Life

List 2 **PAST** situations when you (or someone you know) did use this Life-Skill?

1) \_\_\_\_\_  
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2) \_\_\_\_\_

List 2 **FUTURE** situations when you (or others you know) could use this Life-Skill?

1) \_\_\_\_\_  
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2) \_\_\_\_\_

To what extent are you demonstrating this Life-Skill in your everyday life **RIGHT NOW?**

<b>I AM NOT</b>	[circle one number]										<b>I AM</b>
Demonstrating This Life-Skill Now In My Everyday Life	←————→										Demonstrating This Life-Skill Now In My Everyday Life
0	1	2	3	4	5	6	7	8	9	10	