

Growth Planning Life-Skill #1

BEING ABLE TO USE IMPULSE CONTROL & DELAYED GRATIFICATION\* IN MY 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 My Everyday Life

List 2 <u>PAST</u> situations when you (or someone you know) <u>did</u> use this Life-Skill?	1) _____ 2) _____																											
List 2 <u>FUTURE</u> situations when you (or others you know) <u>could</u> use this Life-Skill?	1) _____ 2) _____																											
To what extent are you demonstrating this Life-Skill in your everyday life <u>RIGHT NOW?</u>	<table border="0" style="width: 100%; text-align: center;"> <tr> <td style="width: 10%;"><u>I AM NOT</u></td> <td style="width: 40%;"><u>Demonstrating This Life-Skill Now</u></td> <td style="width: 10%;">[circle one number]</td> <td style="width: 40%;"><u>Demonstrating This Life-Skill Now</u></td> <td style="width: 10%;"><u>I AM</u></td> </tr> <tr> <td></td> <td><u>In My Everyday Life</u></td> <td></td> <td><u>In My Everyday Life</u></td> <td></td> </tr> <tr> <td></td> <td colspan="3" style="text-align: center;">←————→</td> <td></td> </tr> <tr> <td></td> <td>0</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> </table>	<u>I AM NOT</u>	<u>Demonstrating This Life-Skill Now</u>	[circle one number]	<u>Demonstrating This Life-Skill Now</u>	<u>I AM</u>		<u>In My Everyday Life</u>		<u>In My Everyday Life</u>			←————→					0	1	2	3	4	5	6	7	8	9	10
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