



Self-Control: The Daily Practice of Making Good Choices

What does the idea “*Self-Control: The Daily Practice of Making Good Choices*” mean to you?

What does the idea: “*Gratitude and joy aren’t emotions that happen to you—they’re practices you choose to commit to daily.*”

What does the idea: “*Regardless of right or wrong, to own your actions means you are conscious of why you chose them in the first place.*”
