

You are the only one who controls your behavior. Just you.
Not your teachers, not your parents, not your friends.
Those people can remind you to behave differently, but
ultimately you make the decisions about what you do.

When you ask and answer these questions yourself, other people will not bug you about your behavior.

What am I doing right now?

What am I supposed to be doing right now?

If the answers are not the same, what can I do to fix that?

Are my actions helping or hindering my ability to focus on my job?

Are my actions helping or hindering others to focus on their job?

If I think the job is too hard, what can I do to make it easier?

Can I do it more slowly?

Can I break it down into smaller jobs?

If I think the job is too easy, what can I do to make it challenging?

Can I offer help to someone else?

How can I be more involved in helping the group do its job?

Am I being kind?

Am I showing respect?