

Please use this information in your meetings, newsletters, marquees, classrooms and at home! Feel free to call Carole Cotner, 498-5527, with ideas for community support of cooperation.

Character Trait for November is Self-control

Self-control (Self'-con*trol") (?), n.

Control of one's self; restraint exercised over one's self; self-command.

A man makes inferiors his superiors by heat; self-control is the rule. - Ralph Waldo Emerson (1803 - 1882) US philosopher, poet, essayist

And now too late, we see these things are one:/ The art is sacrifice and self-control/ And who loves beauty must be stern of soul. - Alice Duer Miller (1874 - 1942) US poet, author

As long as I have you, there's just one other thing I'll always need -- tremendous self-control. - Ashleigh Brilliant (1933 - ____) English-US writer, cartoonist, columnist

As soon as man began considering himself the source of the highest meaning in the world and the measure of everything, the world began to lose its human dimension, and man began to lose control of it. - Vaclav Havel (1936 - ____) Czech playwright, poet, politician

By constant self-discipline and self-control you can develop greatness of character - Grenville Kleiser (1868 - 1953) US author

Concern should drive us into action and not into a depression. No man is free who cannot control himself. - Pythagoras (582BC - 507BC) Greek mathematician, philosopher

Immense power is acquired by assuring yourself in your secret reveries that you were born to control affairs. - Andrew Carnegie (1835 - 1919) US industrialist, philanthropist

It's essential to distinguish between events that are really beyond your control and events you caused yourself. - Barbara Sher US author

Luck is not something you can mention in the presence of self-made men. - E. B. White (1899 - 1985) US humorist, essayist, novelist

No one is in control of your happiness but you; therefore, you have the power to change anything about yourself or your life that you want to change. - Barbara De Angelis teacher

Quarrel not at all. No man resolved to make the most of himself can spare time for personal contention. Still less can he afford to take all the consequences, including the vitiating of his temper and loss of self control. - Abraham Lincoln (1809 - 1865) US president, lawyer

Self-reverence, self-knowledge, self-control. These three alone lead life to sovereign power. - Alfred, Lord Tennyson (1809 - 1892) English poet

The most exciting happiness is the happiness generated by forces beyond your control. - Ogden Nash (1902 - 1971) US poet

If you would like character education curricula or other materials please contact Carole Cotner, Jersey Character Education Coordinators.