

Shambhala Martial Arts Power Chart

Name:	Date:						
My Daily Responsibilities	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Household Contributions				Responsibility			
Clean up my room.							
Make my bed.							
Put my clothes away.							
Clean up after meals & snacks.							
Help around the house & yard.							
Take out the trash.							
Personal Care				Self Confidence			
Brush my teeth.							
Take a bath or shower.							
Comb my hair.							
Comb my nails.							
Study & Practice				Character			
Respect my teachers, instructors & masters.							
Do my homework on time & correctly.							
Pay attention & listen.							
Practice music, sports & martial arts.							
Read or study outside of school.							
Family				Respect & Love			
Respect, obey & listen to my parents.							
Be kind to my brothers & sisters.							
Do not fight or argue with my parents, brothers or sisters.							
Community				Citizenship			
Show kindness and respect to everyone.							
Control my temper.							
Help someone whenever I can.							
Always be honest.							
Be humble, gentle & strong.							