

## Self-Discipline

To be used as a positive refocusing strategy:

Chant to the tune of M-i-c-k-e-y M-o-u-s-e

Self-discipline clap, clap

Self-discipline clap, clap

We should use self-discipline clap, clap

S-E-L-F D-I-S-C I-P L-I N-E clap, clap