This week’s theme is goodness & self-control. Goodness can be defined as a virtue, the quality of being morally good, generous or kind, an excellence of quality. Self-control can be defined as the ability to regulate your own emotions, thoughts and behaviours. This week we will focus on the power of goodness and explore the concept of self-control.
So how can goodness be powerful... sometimes it’s easier to understand the impact of something when we explore it in action. Let’s look at one person’s story. The story of Colonel Sir Thomas Moore, or Captain Tom as many of us might have come to know him better.

As we have explored in other resources such as those on caring & kindness, practising these qualities can improve our own sense of happiness, satisfaction, connection to others, our general wellbeing.

In this way goodness can be the ‘gift that keeps on giving’.

Goodness brings it’s own reward and when practised can inspire goodness in others.
Captain Tom, a 99 year old gentleman who decided to take a walk to raise money for charity. Recognising his own limitations and acknowledging his strengths, he broke his mission down into manageable chunks. Ten laps of his garden a day over the days leading up to his 100th birthday, with the goal of raising £1000 for NHS Charities Together.

News of his fundraising campaign was shared from family & friends, to the wider community, across the internet, to the nation and beyond.

His goodness spread and other people completed acts of kindness, giving what they could afford to the fund...lots of them...more than 1.5 million of them.

Together they raised over £32 million for NHS Charities Together. Imagine how many acts of goodness, kindness and caring that supported!

The money raised was put toward funding things like community groups supporting patients following discharge from hospital, rest & recuperation rooms for NHS staff and devices to help patients to stay in contact with their family.

Captain Tom’s goodness inspired others to set their own goals and complete their own fundraising missions. Many of whom overcame their own adversities to raise funds for charities...providing those charities with much needed funds to continue their own acts of goodness, kindness and caring.
So why is self-control important?

- Practising self-control can enable us to focus on our mission and avoid unhelpful thoughts and behaviours such as impulsivity and procrastination.
- Practising self-control can enable us to achieve our goals.
- Practising self-control can enable us to communicate with and respond to others with a well-balanced approach.
So, how do we improve our self-control?

Self-control is definitely not about punishing or depriving yourself. It’s about thinking of what really makes you healthy, happy & fulfilled and focusing positively on achieving these goals.

For example, if you are aiming to save money, maybe for a ticket to a festival next summer.

Try to avoid focusing on the negatives such as:
- This is going to be hard
- I won’t be able to buy the things I usually like to buy
- I won’t be able to afford to go out with my friends

Instead try framing your goal with positives such as:
- This is going to be worthwhile, ‘I am really excited about going to the festival with friends’. Take time to invest in your goal, think about what you plan to do whilst there
- Instead of buying my favourite treat once a week I will treat myself once a month as a small reward for achieving short term targets.
- I will plan inexpensive things to do with friends, we are all saving up to buy our tickets so we can support each other to achieve this
“When happiness pours out of your heart, good pours into the world” Gillian Duce

“The goodness of humankind is predicated upon the goodness of the individual” Abhijit Naskar

“You have power over your mind – not outside events. Realise this and you will find strength” Marcus Aurelius

“Be the reason someone smiles. Be the reason someone feels loved and believes in the goodness in people” Roy T Bennett

“Every act of goodness is born from our desire to be happy” Udai Yadla

“The biggest enemies of willpower: temptation, self-criticism, and stress. (...) these three skills – self-awareness, self-care, and remembering what matter most – are the foundation for self-control” Kelly McGonigal

“Never respond to an angry person with a fiery comeback, even if he deserves it...Don’t allow his anger to become your anger” Bohdi Sanders

“Self-control is the chief element in self-respect, and self-respect is the chief element in courage” Thucydides
<table>
<thead>
<tr>
<th>Resource</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>You Tube video – 6 ways to Master Self-Control</td>
<td>How to Be More Disciplined – 6 Ways to master Self-Control/ Thomas frank</td>
</tr>
</tbody>
</table>