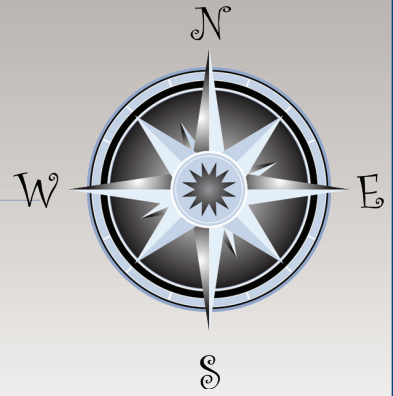


# The Character Principle of **TEMPER**



*It is better to be calm than be famous for uncontrolled behavior.*

## PRINCIPLE OF THE WEEK

It is not wrong to have a temper. Temper is the driving force in us and can be used to accomplish great things. Most entrepreneurs have a high temper that gives them the energy and drive to reach their goals and purpose in life. Temper is like gasoline, the higher the temper, the higher the octane or value. Both can be explosive and dangerous. If we are not careful to control the gasoline, it may burn our house down, but it can also be very useful and valuable.

We should not discard things because they are dangerous, but we should set rules of safety so that we can make good use of the value of the energy it creates. With the adrenalin anger creates we are stronger, we can work harder and get more things done. It not only affects the mind, but energizes our entire body as well.

With this same energy we may become destructive. We may hit someone, break things or say words that will destroy relationships and lose credibility in our community. When we feel our temper coming up, we must think about what we are about to do and what affect it will have on us and on those around us. We must learn to master our temper and use its energy in a positive way. Successful people have learned to think before they react. Controlling our temper builds character and credibility.

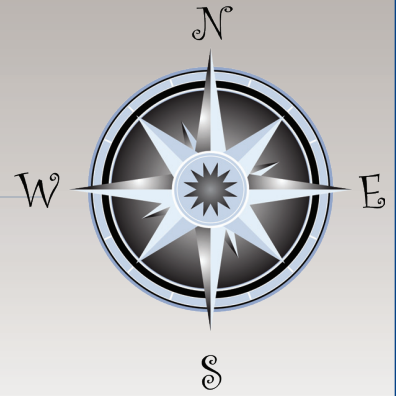
The value of understanding our temper is to avoid controlling or dominating others. High-tempered people have the tendency to bully their way to get what they want. Learning

to value others is the key in developing controlled behavior. The fact remains however, that high-tempered people usually drive progress because they are seldom satisfied with the status quo. They are usually visionaries and see the world as it could be and work towards making it better. They are usually fearless and full of confidence. They view problems as simple challenges that need to be conquered.

## Benefits

1. If you have an intense temper you can be strong, hard working and able to handle difficult tasks with high levels of energy. This drive or ambition can affect your mind by giving you more energy and strength. That same energy however, can be very destructive, resulting in damaged relationships. High-tempered people have a real advantage, but they must manage the energy.
2. Driven or high-tempered people can be very productive. Energy flows and activates the adrenaline in the body. At these moments, you can do tasks and not get tired because you feel energetic and full of productivity.
3. Your character will be established if you control situations before they explode or get out of control. Thinking before you act and giving more thought to your emotions will benefit you and everyone around you.

# Action Plan for **TEMPER**



## Steps to Follow

1. Be aware of the potential dangers of being out of control.
2. Always consider the cost of your reactions.
3. See the value of your temper and making good use of the energy it produces. When you get the thrust of adrenaline, use it positively.
4. Release the excess energy through competitive sports or exercise programs. Burning up calories will calm down our anger. Many high-tempered sports players have been coached to control and make good use of their drive.
5. Learn how to discipline your temper. Even plants, trees and flowers have to have their wild growth trimmed in order to have better results. Anything that has value needs to be under control; otherwise it will lose its value.

A well-managed temper becomes valuable and can inspire others to grow. Be thankful for your temper. Don't let it heat up too fast or you will burn those around you. S-L-O-W it down. Use the heat to warm the cold hearts around you and you will become known as a wise person, in control of yourself.

*Remember... Thoughts become actions. Actions become habits. Habits become our destiny.*

## Reflect and respond

Has your temper ever cost you something?

What was the price?

Do you value your temper?

Evaluate yourself from 1 to 10	1	2	3	4	5	6	7	8	9	10
Why did you give yourself this rating										
What benefits will you obtain by raising your rating?										
What specific action can you put into practice to test the benefits of this principle?										
Check list for the daily reading of this principle	M	T	W	T	F	S	S			

Completed

Not completed