

Practicing Temperance

There are different ways to practice temperance. Here are some ideas:

1. Give away some things: simplify.
2. When eating, pay attention to when you are full. Stop and say "no more."
3. Take everything in moderation. Start setting the example now.
4. When buying something, plan ahead so you know what you need before going to the store.
5. Never go to the grocery store on an empty stomach.
6. Do not hoard things.
7. Exercise, but quit before it is an obsession.
8. Enjoy a drink and stop there.
9. Shut off the television.
10. Turn off video games.
11. Spend time as a family.
12. Make a grocery list before going to the store and stick to it!