

# HLB@SCHOOL

classroom  
adventures...  
EXPLORE • ENGAGE • EMPOWER

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**ISSUE 5**





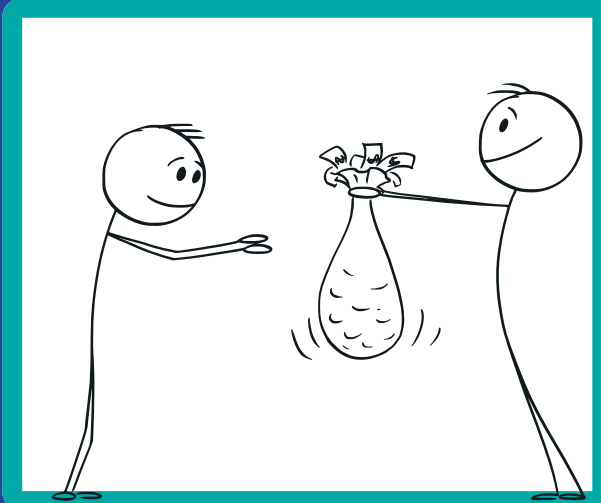


# DELAYED GRATIFICATION

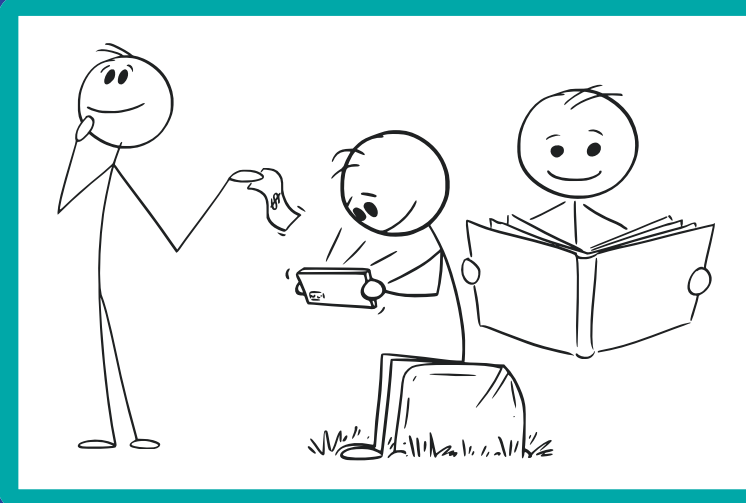
## WHY WAITING IS REWARDING



This is a story to help you understand what delayed gratification means:



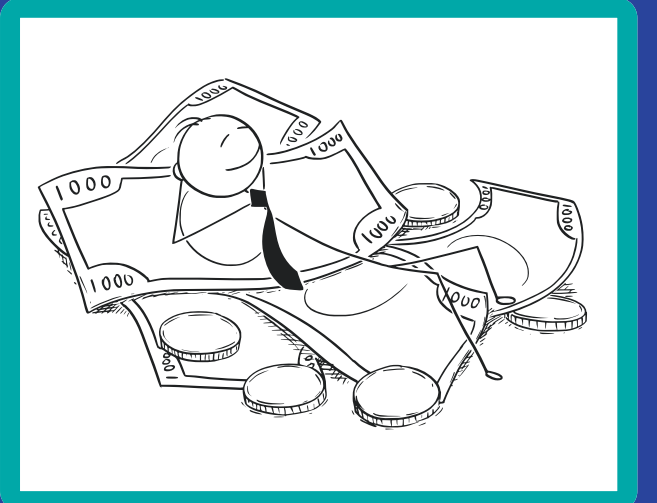
Lila's grandmother gave her RM50, and promised to double it to RM100 if Lila saved it for a week.



Lila was tempted to spend it on a new toy, but she decided to wait. She kept herself busy by reading books and playing games.



At the end of the week, Lila's patience paid off. Her grandmother doubled the money to RM100, teaching Lila the value of saving and delayed gratification.



Lila learned that by waiting, she received a bigger reward.

### WHY IS WAITING IMPORTANT?

**Achieving Bigger Goals :** When you delay gratification, you can save up for something special, like a new bike or a game console, rather than spending your money on small things that don't last long.

**Building Self-Discipline :** Learning to wait teaches you self-control, which can help you in many areas of life, like studying for exams or saving money for the future.

**Better Decision Making :** By thinking about what you really want and whether it's worth waiting for, you learn to make smarter choices.

### HOW TO PRACTISE DELAYED GRATIFICATION:

**Set Goals :** Decide what you really want and set a goal to save for it. It could be a new toy, a day out with friends, or even saving for the future.

**Make a Plan :** Figure out how much you need to save each week or month to reach your goal. Write it down and keep track of your progress.

**Avoid Temptation :** Stay away from places or websites where you might be tempted to spend your money on things you don't really need.

**Reward Yourself :** When you reach your goal, celebrate your success! But make sure the reward doesn't undo all your hard work.

### EXAMPLES OF DELAYED GRATIFICATION

**Saving for a Bicycle :** You want a new bicycle that costs RM200. Instead of buying small toys or snacks every week, you save your allowance. After a few months, you have enough to buy the bicycle, and you feel proud of your accomplishment.

**Planning a Day Out :** You and your friends plan a day at the amusement park. Instead of spending money on video games or sweets, you save your money. When the day arrives, you have enough to enjoy all the rides and treats without worrying about running out of money.

**Saving for the Future :** You want to save money for something special in the future, like a summer camp or a cool gadget. Each week, you put aside a portion of your allowance. Over time, you see your savings grow, and you feel excited about achieving your goal.

### 3 TIPS FOR BETTER SELF-CONTROL

**Think Before You Spend :** Before buying something, ask yourself if you really need it or if it's just a want. Will it bring you lasting happiness?

**Practice Mindfulness :** Pay attention to your feelings and impulses. When you feel the urge to buy something, take a moment to think about whether it's a good choice.

**Find Alternatives :** Instead of spending money, find free or low-cost activities to enjoy. You might discover new hobbies or interests!

Remember, delayed gratification is like planting a seed. It might take time to grow, but the rewards can be great. So next time you're tempted to spend your money quickly, think about what you really want and whether it's worth waiting for. You might be surprised at the results!