



Black Belt EXCELLENCE

Monthly Theme:

Potential

Possible; capable of being or becoming; expressing possibility;
A latent excellence or ability that may or may not be developed

“The will to win, the desire to succeed, the urge to reach your full potential...these are the keys that will unlock the door to personal excellence” Confucious

Monthly Activity:

Parents please help your child with the sections on the second page and make sure they completely understand each question. Specifically, in order to help your child increase their self-confidence and self-acceptance, help them realize what things they do well. This will begin to expose them to the understanding that they have special gifts and abilities. Also, question #3 will help your child realize everyone has weaknesses and it's okay to have them. You may want to share some of your weaknesses and what you do to try to improve them. This exercise helps them to be more accepting of themselves despite difficulties.

This month my son/daughter has demonstrated both at home and at school those qualities of Black Belt Excellence required for students seeking to earn belt advancement.

Student Name: _____

Student Rank: _____

Date: _____

Parent Signature: _____

DUE BY February 15TH

5 Requirements of the BBE Stripe

- Responsible behavior at home
- Responsible behavior and passing grades at school
- Overall performance and attendance at the dojo
- Participation in BBE Mat Chats in class
- Returning the BBE monthly activity

1. Below, list 5 of your greatest talents.

2. Below, list 5 of your best qualities.

3. The "CHALLENGE LIST". What are some things that you would like to become better at?

4. TURNING THE "CHALLENGE" INTO A "BLESSING". Each of these challenges gives you the opportunity to strengthen our inner selves. Give one example of how one of your "challenges" could be an opportunity to develop you into stronger person.

5. THE BLAME GAME. Its our responsibility to use our gifts and talents as well as to improve our weaknesses. Many times individuals don't use their talents or develop their weaknesses because they're too busy blaming others. They blame their parents, their teachers, brothers or sisters, even the weather. To prevent yourself from getting caught up in the "BLAME GAME", write the following poem down and hang it in a place that will remind you every morning that you can decide what kind of person you want to be.

**I am the one who writes my own story
I decide the person I'll be
What goes in the plot, and what does not
Is pretty much up to me.**

Remember, God does not make junk! Every person is unique. As you get older, it is important to value and appreciate what makes us special and what we can do for others with our special gifts. Don't waste time envying others. You are special, and you can use your special gifts.