



# Black Belt EXCELLENCE

## Modesty

There is a big difference in being proud of your accomplishments and bragging about yourself. We should all have confidence in ourselves and be proud, but we should never talk about ourselves to the point that we make others feel bad about themselves or feel bad towards us.

We should always use the Black Belt Excellence principle of Modesty. Modesty means: *without conceit or arrogance; proper in the way you dress, speak, and conduct yourself; having a moderate estimation of your own merits; not boastful.*

Please complete the assignment on the back and ask yourself, am I **arrogant** or am I **modest**?



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 BEFORE AUGUST 15<sup>TH</sup>**

### 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

## *Arrogant people...*

## *Confident people...*

Single minded (thinks they are either superior or inferior only)	High minded (can feel good without wanting to offend others)
Feel better when they tear others down	See other's potential and help them succeed
Thinks they are better than others	Knows they are just as good as others
Have difficulty listening to others	Show respect while listening to others
Exude negative energy and blame others	Exude positive energy and admit shortcomings
Brush their shortcomings aside, can't admit to their mistakes	Feel comfortable, have the right conception of perfection. Aware of weaknesses and know how to deal with them.
Live in their own world of self-importance	Can show vulnerability and admit mistakes.
Difficult to be around, can't accept their faults	Easy to be around, problem solvers
Always tries to "one-up" in conversations	Their accomplishments speak for themselves
Only concerned with their own position and make others accept their ideas	Don't try to impose their vision on others
Looks past others for someone else "more important" to talk to	Makes eye-contact and makes others feel important
Usually the result of a defense mechanism – to prevent further criticism	Comes from positivity, optimism and mental steadiness

Highlight the statements that describe YOU. Be honest! On the lines below, write how you can be more mindful and change the arrogant qualities you may have discovered.

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Write down an example of how you have showed modesty.

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