



Black Belt EXCELLENCE

Positive Self Image

“When your image improves, your performance improves.”

Parents and Students,

This month our focus is on building a **positive self-image**. Dr. Joyce Brothers said, “An individual's self-concept is the core of his personality. It affects every aspect of human behavior: the ability to learn, the capacity to grow and change, the choice of friends, mates, and careers. It is no exaggeration to say that a strong, positive self-image is the best possible preparation for success in life.” We feel strongly that a positive self-image is a necessary and important part of a person and we know it plays a huge role in helping them realize their dreams. We want all of our students to develop their positive self-image and the lessons this month are intended to make this happen.

Build a healthy self-image with a series of short steps. One reason many people never attempt new things is their fear of failure. If possible, start any new venture with a portion you are confident you can handle, and then transfer that initial accomplishment from one area of success to another. Each step gives you added confidence and your self-image improves your performance, which improves your self-image, which improves your performance...You get the point!

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: JUNE 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

Please answer these questions.

1. List the 5 words that describe you best.

2. State 3 things you do best.

3. State 3 things you would like to do better.

4. State the BEST things that have happened to you.

5. Name 3 important people who have helped you.

6. State 3 important things you have done for someone else.

7. State some accomplishments you have made in martial arts and tell how you feel about yourself.

Success is not measured by how we compare with others. Success is measured by comparing our accomplishments to our capabilities.