Black Belt EXCELLENCE

Attitude

As you take your journey towards Black Belt Excellence, you will learn the importance of having the right attitude, what the right attitude is, and how you can develop an even better attitude! This month you will be hearing stories and participating in activities that will excite you and allow you to enjoy developing the proper outlook in your training. You will learn some secrets of motivation and how to turn negative days into positive days. Your life is made up of a series of choices. The primary purpose of **"Building Your Winning Attitude"** is to help you understand how to make the choices that will allow you to accomplish great things all through your life.

Complete the worksheet on the back in full. Ask your parents for help if you don't understand something.

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: _____

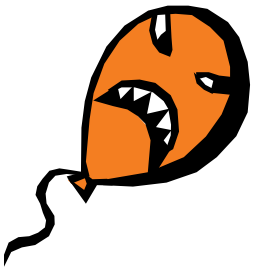
DUE BEFORE DECEMBER 15TH

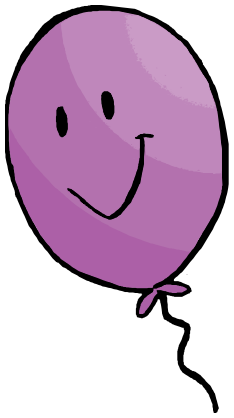
5 Requirements of the BBE Stripe

- 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 Negative Words and then across from each one write the opposite Positive Word.**

5 Negative Words	5 Positive Words
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____





2. **Write down how a Negative Attitude did NOT help you at…..**

School_____

_____

Home_____

_____

Karate_____

_____

3. Write down how a Positive Attitude DID help you at…..

School_____

_____

Home_____

_____

Karate_____

_____

4. How can your attitude determine your Altitude (how high you can go)?

_____

_____

_____