



# 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 BEFORE APRIL 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

Please answer these questions.

1. List the 5 words that describe you best.

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2. State 3 things you do best.

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

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

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5. Name 3 important people who have helped you.

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

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

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