



The topic of this month happens to be a personal favorite of mine.
The lesson is to NEVER GIVE UP!

I'm a huge fan of going to live NBA basketball games. Many times I've been at a game when there is 10 seconds left on the clock and people start heading for the doors. They think they know what the outcome will be and decide to leave early. I'm sure glad the players don't have the same attitude. Luckily they have the attitude that all you students should have: 'To Never Give Up' until it's totally over. In fact I've probably seen more games decided in the final seconds than the other way around. Coaches and players know that there are last minute strategies that can bring back a team that looks almost certain to lose.

This month we are going to discuss the attitude of NEVER GIVING UP. We are also going to talk about why it's okay to feel like giving up sometimes. Finally, we'll discuss how certain things are not impossible just because no one has ever done them before.

At times things really do get tough. Sometimes it may seem there's no possible way that you're going to win or finish the task. You may think to yourself that it would be much easier to just give up. However, just like the basketball team down with only a few seconds left on the clock, real champions know it's always worth going for it. I'm sure a player or two might briefly think it would be easier to just stop trying and go home, that here is no possible way to win, but they don't. Instead they choose to never give up and to fight to the buzzer. They understand that it's a competition and that the only way to become a champion is to never lose hope or drive. Earning a black belt is not easy and you will never reach that level if you let yourself give up. Keep in mind that a black belt was once a whiter belt with the attitude that one day they would become a black belt. The only way you won't make it there too is if you decide to give up.

One of the most important things to remember is that just because no one has done something before doesn't mean it's impossible to do. In competitive running there was always talk of running a mile in under four minutes. No one believed it could be done because no one had ever done it. Then in 1954 a man named Roger Bannister did just that. He trained hard, he never gave up, and he became the first person to ever run a mile in under four minutes. After he did it something crazy happened; other people started running a four minute mile as well. Why? Because Roger Bannister proved it could be done. It just took someone strong to believe they could do it even when no one else had. Some that NEVER GIVES UP!

Negative Thoughts Have NO Power; We Empower Them!

Monthly Activity:

We've talked a lot about never giving up and we say that "Quitters Never Win" but that may not always be true. Circle the things below that you **WIN** by Quitting.



HOMEWORK

CHEATING ON TESTS

BRUSHING YOUR TEETH

SMOKING

DRINKING SODA

GOSSIPING

EXERCISING

LYING

BULLYING

EATING VEGETABLES

Student's Name:

Parent's Signature:

Date of Completion: / /