

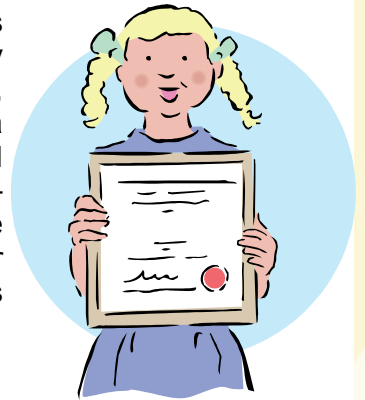
Black Belt EXCELLENCE

Home/School Approval Form

“When your image improves, your performance improves.”

Parents & 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.” I feel strongly that a positive self-image is a necessary and important part of a person and I know it plays a huge role in helping them realize their dreams. I want all of my students to develop their positive self-image and the exercises and 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 phase or portion you are confident you can handle, then transfer that initial accomplishment from one area of success to another. The child who multiplies 2×2 transfers that to bigger success and multiplies $2 \times 3 \times 4 \times 5 \times 6$. He sees himself capable of mastering mathematics. The youngster who “survives” the first batch of oatmeal cookies sees herself as capable of baking better things. At Calhoun High School in Port Lavaca, Texas, a high jumper jumped four

inches higher than ever before and their pole vaulter set the national record. Both of these young men credit an improvement in self-image with their improvement in performance. As each warms up he sees himself successfully clearing the lower heights until he sees himself clearing the greater ones. The point in building your healthy self-image is this: start in an area where you know you can succeed. Once success is accomplished there, move another step, and another and another. Each step gives you added confidence and your self-image improves your performance, which improves your self-image, which improves performance, which improves . . . You get the point!

“You cannot consistently perform in a manner that is inconsistent with the way you see yourself.”

Student Name _____

Belt Rank _____

Date _____

Parent Signature _____

Teacher Signature _____

5 Black Belt Excellence Requirements

*Good Behavior at Home

*Good Behavior & Passing Grades at School

*Good Class Attendance

*Completion of the Monthly Report

*Turning in your worksheet on time

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.