

BLACK BELT *EXCELLENCE*



**I HAVE
AN ATTITUDE
OF GRATITUDE!**

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LEAD WITH GRATITUDE!

1. Maria believes she has just about the best parents a girl could have. Everyone is grateful for their parents because we literally wouldn't exist without them. But when is the last time you just looked at your mom and dad and said, "Thank you for everything you do for me." Maria decided it was time to do something nice for them last week. She woke up early and made them a simple breakfast. Then she helped her dad clean up the garage. It meant the world to them and she felt better about herself for it.

2. Maria is grateful for her friends. They're always there for her when she is feeling down, and they're always there cheering her on in Martial Arts class. Be good to your friends. It's one of the most important relationships you'll ever have. Maria always answers the phone when her friends call.

3. Maria is extremely grateful for her Martial Arts school. Her instructors really care about her and they are always helping her improve. They want her to be in a position to succeed in life. Her parents sit and watch her in class, her friends cheer her on, and Martial Arts gives her the tools she needs to appreciate everything and express gratitude. It's all connected!

HAVE A BLACK BELT EXCELLENCE MINDSET!

I wake up every morning feeling grateful to be alive. It's true! I wake up around 7:00AM and get out of bed and open all the windows. I make my bed and turn the coffee pot on. I write down a plan for everything I hope to get done that day and then I get going! That moment when the windows open and it looks like a beautiful sunny day...I'm grateful. When I take that first sip of coffee and it tastes extra good and the day just feels so full of possibilities...I'm grateful. Good Morning! Lead your days with an attitude of gratitude for everything in the world and you'll be a happier, better person.

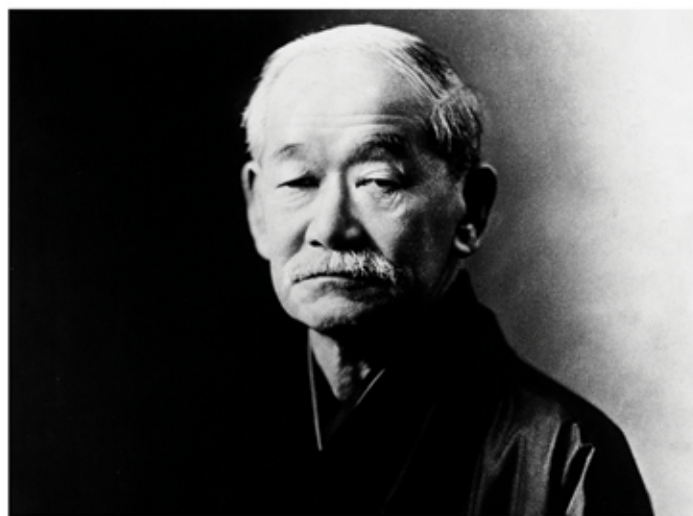
I am so thankful that martial arts has always been a part of my life. You are all reading this because you or your parents made the decision that martial arts would be a beneficial activity. I wouldn't be who I am today if it wasn't for martial arts. It made me athletic, it gave me confidence, it made me disciplined, and the community of instructors and athletes inspires me every morning when I wake up.

Be grateful for what you have. Be grateful for the mistakes you make and the people that allow you to grow. We're all in this together. Let everyone know how you feel!



"BOWING IS AN EXPRESSION OF GRATITUDE AND RESPECT. IN EFFECT, YOU ARE THANKING YOUR OPPONENT FOR GIVING YOU AN OPPORTUNITY TO IMPROVE YOUR TECHNIQUE."

- Jigaro Kano, founder of Judo



5 AMAZINGLY EFFECTIVE WAYS YOU CAN SHOW GRATITUDE EVERY WEEK:

1. BE PRESENT. Show gratitude by showing up and paying attention. Put your phone away and open your ears.
2. SMILE. Smiling is contagious in a good way! Spread happiness whenever you can.
3. GIVE OUT COMPLIMENTS. Make someone's day by complimenting anything about them. Something simple like their haircut.
4. WRITE A THANK YOU NOTE. Leave a note for someone in your class if they helped you out in any way.
5. VOLUNTEER YOUR TIME. Donate your time helping out at your school, church, or maybe a local animal shelter.

YOUR NAME:

YOU'VE READ THIS MONTH'S STORY ABOUT GRATITUDE, NOW LET'S DO SOME WORK: *Answer the following questions and have some fun!*

1. MARIA SHOWED GRATITUDE TO HER PARENTS BY HELPING OUT AROUND THE HOUSE. WHAT DO YOU DO TO SHOW GRATITUDE AT HOME?

2. MARIA IS GRATEFUL FOR HER FRIENDS. GIVE US AN EXAMPLE OF SOMETHING YOU LOVE ABOUT YOUR BEST FRIENDS. THEY ROCK!

3. MARIA LOVES PRACTICING MARTIAL ARTS. WHAT ABOUT YOUR DOJO ARE YOU MOST GRATEFUL FOR? AND WHY?



I AM GRATEFUL FOR MARTIAL ARTS!

What are the things you are most grateful for? Is it a person? Is it a part of your life? Is it the Martial Arts too? List them all below and briefly explain why you are grateful for these things.

Parent's Signature:

Date of Completion: / /

**NEXT MONTH:
GROWTH MINDSET**

PAY IT FORWARD!

INSIDE WE TALKED ABOUT ALL THE PEOPLE AND THINGS WE ARE THANKFUL FOR, NOW IT'S TIME TO PAY IT FORWARD.

IT'S TIME TO DO SOMETHING NICE FOR SOMEONE ELSE!

SEE HOW MANY ACTS OF KINDNESS FROM THE GRID BELOW YOU CAN DO. CROSS THEM OFF AS YOU GO.

**Hold a door
open for
someone**

**Write a
positive note to
someone**

**Thank a
teacher**

**Offer to help
clean up after
karate class**

**Push in
someone's
chair**

**Let someone go
before you in
line**

**Offer to help a
friend study**

**Clean up after
someone else**

**Clean up after
yourself**

**Give elbow
bumps to all
your friends**

**Offer to help
wash the car**

**Set the table
for dinner**

FILL IN THESE BOTTOM FOUR SQUARES WITH YOUR OWN IDEAS!