BLACK BELT EXCELLENCE

CONFIDENCE IS CONTAGIOUS

CONFIDENCE IS CONTAGIOUS! PASS IT ON

JUST KEEP GOING!

1. Trevor wasn't feeling great about himself. How you feel about yourself is one of the keys to achieving anything in life. A confident person has high self esteem, self respect, and a belief in themselves. By developing your self confidence, you will be able to achieve your goals, take opportunities presented to you and also have the strength to overcome any obstacles that come your way.

2. Trevor had no confidence in his sparring abilities. He worried about going to class and having to practice sparring his friends and teammates. His parents and instructors started to give him more positive reinforcement and he got to work. He practiced harder and put in the work to improve. He started to look forward to class again and he set goals to be the best in his school.

3. Confidence is one of the most important life skills we learn through our Martial Arts classes. It is the foundation that all other life skills are built on. Trevor learned how to stand to tall. As his confidence builds, his punches will get harder and his kicks will reach new heights. That ultimate goal of Black Belt is unattainable if you aren't a confident person. Trevor is on his way!

HAVE A BLACK BELT EXCELLENCE MINDSET!

Bullies have no self-esteem. They act out because they're scared of who they are. We aren't scared. We are proud of who we are. We can learn to use self-defense if it ever comes to that, but we should always use confidence, self-esteem, and the power of friendship to avoid that. It's a last resort. Martial Arts teaches us how to believe in ourselves. We can do anything! We're never scared to be who we are.

I didn't always have confidence. I was always worried that I wasn't good enough or that I wasn't trying hard enough. Martial arts changed that for me. It's a different story for every person, but performing in front of people did it for me. I loved showing off to my parents and my friends at belt graduations. The music would be pumping and I would put on a show...kicking as high as possible, screaming at the top of my lungs. That takes work.

The work is what helped build my confidence. I was never late to class. I practiced in front of the mirror like my life depended on it. I saw the other kids in class kicking higher than me, but I didn't let it get me down. I just concentrated on how I could be better. Eventually my confidence levels soared and I couldn't wait to get on the floor and show off my skills.

You may find that things are difficult sometimes. You may start feeling bad about yourself. We're going to push through. We're going to persevere. Repeat after me: I HAVE SUPER CONFIDENCE!

"For me, it's always been about preparation, and the more prepared I can be each week, the less pressure I feel and the more confident I am. As your confidence grows, it's only natural that the pressure you feel diminishes."

- AARON RODGERS

5 AWESOME WAYS TO BUILD UP YOUR CONFIDENCE:

1. Exercise! Exercising helps memory retention, improves focus, helps manage stress and prevents depression.
2. Think positively about yourself! Remind yourself that you are a unique, special, and valuable person every day.
3. Set yourself a simple goal that you can easily achieve and go for it! Build from there.
4. Pay special attention to your personal hygiene. Style your hair, trim your nails, floss your teeth. Look sharp!
5. Do more of what makes you happy! Whatever it is you love to do, create space for it.

YOUR NAME:

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

1. TREVOR STRUGGLED WITH HIS CONFIDENCE. HAVE YOU EVER FELT BAD ABOUT YOURSELF? WHAT DID YOU DO TO OVERCOME IT?

2. TREVOR IMPROVED HIS SPARRING TECHNIQUES THROUGH HARD WORK. WHAT IS SOMETHING THAT YOU FEEL YOU DO WELL BUT COULD BE IMPROVED?

3. TREVOR BUILT HIS CONFIDENCE THROUGH MARTIAL ARTS AND IS SETTING GOALS. WRITE DOWN A GOAL TO ACCOMPLISH THIS MONTH THAT WILL BUILD YOUR CONFIDENCE.

HAVE YOU EVER BEEN BULLIED?

Most kids have been bullied. Has it ever happened to you? Let us know what happened, how it made you feel, and what you did to overcome it. What advice would you give to other kids who have been bullied?

Parent's Signature:

Date of Completion: / /

NEXT MONTH: RESPECT

LET'S DESIGN A POSTER!

In the space below I want you to design a "I AM SUPER CONFIDENT!" poster that could hang in your school.
How would you inspire other people to be confident like you? Get your crayons and markers out and let that creativity fly!

I AM SUPER CONFIDENT!