

**SUPERSTAR4LIFE**

# GO GET IT!

Read through ALL the “Superstar 4 Life Missions.” Earn 10 points per completed mission. Look for special DOUBLE & TRIPLE point missions! Earn cool Superstar 4 Life Certificates and even an awesome Superstar 4 Life silicone wristband, depending on how many points you earn. For point values, see the Superstar Mission Scale on the left-hand side of this page.

All Superstar 4 Life Missions are **due 2 weeks prior** to the launch of the next campaign. **FREE MISSION PARTY** for everyone who earns at least 50 points!!!

**SUPERSTAR4LIFE**

### Mission Program:

(Each mission is worth 10 points.)

#### 200+ Points = Ultimate SuperStar

Student earns a Gold Level Superstar Certificate & a Superstar 4 Life “Go Get It” wristband.

#### 150-190 Points = SuperStar

Student earns a Gold Level Superstar Award Certificate

#### 100-140 Points = Rising SuperStar

Student earns a Silver Level Superstar Certificate

#### 50-90 Points = Future SuperStar

Student earns Bronze Level Superstar Certificate & Mission Party Invitation!

## Missions 1-8:

- 1) \_\_\_\_\_ **TRIPLE POINTS!** Make a Vision Board - a collage of images, pictures and affirmations of your dreams, goals and things that make you happy (put a photo of you in the center). Put your Vision Board where you will see it every day. Post a picture of it on Facebook &/or Instagram with the hashtag: **#GoGetIt (don't forget to tag @itfwarriors for IG)**
- 2) \_\_\_\_\_ Write down at least 10 things you'd like to accomplish within the next 12 months. Post your list on Facebook &/or Instagram with the hashtag: **#GoGetIt (don't forget to tag @itfwarriors for IG)**
- 3) \_\_\_\_\_ **DOUBLE POINTS!** Write down 4 goals: 1 martial arts, 1 career/school, 1 health and 1 family/relationship on a sheet of paper. Be as specific as possible and include a realistic deadline for each of them. Put the paper up in a place you will see it at least 3 times every day. Post a picture of your paper on Facebook &/or Instagram with the hashtag: **#GoGetIt (don't forget to tag @itfwarriors for IG)**
- 4) \_\_\_\_\_ **TRIPLE POINTS!** Write down a plan for how you are going to accomplish each of your goals from Mission #3. Post a picture of your plans on Facebook &/or Instagram with the hashtag: **#GoGetIt (don't forget to tag @itfwarriors for IG)**
- 5) \_\_\_\_\_ Ask someone to be your “accountability partner” in helping you achieve your goals. Share your goals with them. Post a picture of you and them on Facebook &/or Instagram with the hashtag: **#GoGetIt (don't forget to tag @itfwarriors for IG)**
- 6) \_\_\_\_\_ It's important to recognize yourself when you make progress. **What would you like to do for yourself each time you complete a small goal or task toward your larger one? How do you want to celebrate your accomplishment?** Post a picture that best describes this on Facebook &/or Instagram with the hashtag: **#GoGetIt (don't forget to tag @itfwarriors for IG)**
- 7) \_\_\_\_\_ **TRIPLE POINTS!** Bring in a new or used toy for our Toy Drive. Post a picture of yourself donating a toy and post it on Facebook and/or Instagram with the hashtag: **#GoGetIt. (don't forget to tag @itfwarriors for IG)**
- 8) \_\_\_\_\_ Download & fill out the “Go Get It” Character Card. You can download yours here: (<https://itfwarriors.com/superstar4life>). Post a picture of your filled out card on Facebook and/or Instagram with the hashtag: **#GoGetIt. (don't forget to tag @itfwarriors for IG)**

# 8 Tips to Help You

## GO GET IT!

### 1. Just Do It

Stop overthinking it and go get it!

### 2. Get an Accountability Partner

If you tell someone that you're going to do something you won't want to disappoint them.

### 3. Stick to Your Guns

Don't worry about what others say. If you want to go after a specific goal then go for it.

### 4. Embrace Failure

You are going to fail. Learn from your failures so you won't be doomed to repeat them.

### 5. Prioritize

Put first things first.

### 6. Focus on How Instead of "What If"

Think about the solution instead of the problem.

### 7. Get Fired Up!

Imagine how much better your life will be once you reach your goal. Let that fuel your fire.

### 8. Baby Steps

Remember, yard by yard is hard but inch by inch is a cinch. Take it one step at a time by starting with something small.

## Missions 9-18:

- 9)\_\_\_\_\_ Clearing your mind can help you to focus on what's more important and get more done. **Meditate for at least 10 minutes every day for 30 days.**
- 10)\_\_\_\_\_ Sleep is super important if you want to have the energy to get what you want in life. **Get 8 hours of sleep for 7 days in a row.**
- 11)\_\_\_\_\_ It takes a team to build a dream. **Hug someone who supports you in your quest to "Go Get It."**
- 12)\_\_\_\_\_ **TRIPLE POINTS!** One thing that almost all successful people have in common is that they exercise on a consistent basis. **Practice your martial arts outside of class every day for at least 10 minutes. Do this for 7 days. Be sure to take a picture or video of something you did each time** and post it on Facebook &/or Instagram with the hashtag: **#GoGetIt (don't forget to tag @itfwarriors for IG)**
- 13)\_\_\_\_\_ **Write an affirmation/positive saying which you can repeat to yourself as a mantra.** Say your affirmation to yourself every day for at least 30 days. Post your affirmation on Facebook &/or Instagram with the hashtag: **#GoGetIt (don't forget to tag @itfwarriors for IG)**
- 14)\_\_\_\_\_ **Choose one good habit that you'd like to develop and do it for 4 weeks straight.**
- 15)\_\_\_\_\_ **Choose one bad habit that you'd like to eliminate and keep yourself from doing it for 4 weeks straight.**
- 16)\_\_\_\_\_ **Get up 15 minutes earlier than you usually do so you can get more accomplished.** Do this for 7 days straight. Post what you were able to do with that extra time on Facebook &/or Instagram with the hashtag: **#GoGetIt (don't forget to tag @itfwarriors for IG)**
- 17)\_\_\_\_\_ **TRIPLE POINTS!** Self-discipline fuels accomplishments. **Make your bed first thing after you get up each morning.** Do this for 30 days straight. Post a before and after picture on Facebook &/or Instagram with the hashtag: **#GoGetIt (don't forget to tag @itfwarriors for IG)**
- 18)\_\_\_\_\_ **DOUBLE POINTS!** **Have someone take a picture of you wearing a black belt along with the number of fingers showing the degree you'd like to earn.** If you don't have one simply ask one of the Black Belts if you can borrow their belt for a picture. Post a picture of you wearing the black belt on Facebook &/or Instagram with the hashtag: **#GoGetIt (don't forget to tag @itfwarriors for IG)**

\_\_\_\_\_  
Student's Name (Please Print)



\_\_\_\_\_  
Parent Signature (for students under 18yrs. old)

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Total Points