

# Black Belt EXCELLENCE

Theme:

**DETERMINATION**

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Galatians 6:9

In this month's Black Belt Excellence Sheet you can see that Determination plays a big role in becoming a Black belt. If you have made Black belt your goal then there is nothing going to stop you from accomplishing that task. On the back you will find the worksheet on goal setting.

Determination is a word you often hear in today's world about athletes or people overcoming complications in life. The Bible has instructions on the types of reasons for Christians to be equally determined. As followers of God and believers of Jesus Christ, we are to persevere through trials, use self-discipline and allow God to give us strength, and give God all the glory. Are you finding it hard to make it through today? Let me encourage you to lean on God and pray who will help you make it through the day.

Sometimes people go after a goal with great determination. They are driven. They don't give up and they put in effort even when they are tired and frustrated. On the back you will find the worksheet on goal setting. We have provided for you all of the different questions you need for setting goals.

This month my son/daughter has demonstrated both at home and at school those qualities of Black Belt Excellence required by the school for students seeking to earn belt advancement.

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Date: \_\_\_\_\_

Parent's Signature \_\_\_\_\_

Date Signed by Instructor \_\_\_\_\_

## 5 Requirements of the Black Belt Excellence Stripe

- ◆ Responsible behavior at home
- ◆ Responsible behavior and passing grades at school
- ◆ Overall performance and attendance at the karate school
- ◆ Completion of the monthly Excellence Sheets
- ◆ **Returning the Excellence sheet by the due date To an instructor at the beginning of the class**
- ◆ **Returning the Excellence sheet on time, qualifies you for student of the month and belt testing**



**Must Return by May 22**

Remember these sheets are YOUR responsibility not your parents'.

# Black Belt EXCELLENCE

Due  
May  
22nd

## BLACK BELT DETERMINATION

NAME: \_\_\_\_\_

Determination means "Going after a goal with purpose, drive and effort-- and not quitting until it's achieved." Determined people have a "no-quit-go-for-it attitude." Below, think of a goal that you really want to achieve. Go through Dr. Robyn's "SSSBA" exercise to fully develop your vision. The clearer your vision, the more likely it is that you will stay determined and you will achieve your goal!

### EXAMPLE

My goal is: To win the big competition on Saturday

At the moment my goal is achieved I will

SEE: My parents and friends, the person announcing the winner in front of me, the trophy

SENSE: I will feel excitement. I will hear cheering. I will hold the trophy in my hands.

SAY: "All my work paid off. I did it! Thank you to everyone who believed in me."

Do you BELIEVE it can happen? YES NO MAYBE If YES--Then you can ACHIEVE it!

### YOUR GOAL

My goal is: \_\_\_\_\_

At the moment my goal is achieved I will

SEE: \_\_\_\_\_

SENSE: \_\_\_\_\_

SAY: \_\_\_\_\_

Do you BELIEVE it can happen? YES NO MAYBE If YES--Then you can ACHIEVE it!

WHO or WHAT helps you to stay motivated and determined to achieve your goal even when you feel challenged? \_\_\_\_\_