

Black Belt EXCELLENCE

be thankful

November Theme: *Thankfulness*

*"Give thanks to the Lord, for He is good; His faithful love endures forever.
Psalm 107:1*

Be thankful that you don't already have everything you desire. If you did, what would there be to look forward to?
Be thankful when you don't know something. For it gives you the opportunity to learn.
Be thankful for the difficult times. During those times you grow.
Be thankful for your limitations. Because they give you opportunities for improvement.
Be thankful for each new challenge. Because it will build your strength and character.
Be thankful for your mistakes. They will teach you valuable lessons.
Be thankful when you're tired and weary. It means you've made a difference.
It's easy to be thankful for the good things.

A life of rich fulfillment comes to those who are also thankful for the setbacks. Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles and they can become your blessings.

Be thankful for what you have...When life gives you a 100 reasons to cry, show life that you have 1000 reasons to smile. Face your past without regret. Handle your present with confidence. Prepare for the future without fear. Keep the faith and drop the fear. The most beautiful thing is to see a person smiling.

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.

 Student's Name _____

Date: _____

Parent's Signature _____

Date Signed by Instructor _____

Must Return by November 15

Remember these sheets are YOUR responsibility not your parents'.

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

Thankfulness

FILL IN THE BLANKS FOR SOME DEFINITIONS OF THANKFULNESS

1. THE ACT OF GIVING _____.
2. AN ATTITUDE OF _____.
3. HAVING A THANKFUL _____.
4. WHAT IS THE HOLIDAY CALLED THIS MONTH _____

LIST 5 THINGS YOU ARE THANKFUL FOR .

1. _____
2. _____
3. _____
4. _____
5. _____



NAME 5 PEOPLE YOU ARE THANKFUL FOR & WHY

1. _____
WHY?
2. _____
WHY?
3. _____
WHY?
4. _____
WHY?
5. _____
WHY?



Must be turned in by November 15. In order to test for your next belt, you must have 3 black stripes on your belt from the last 3 months of BBE sheets.

