

# Black Belt EXCELLENCE



## November Theme

### Gratitude

**Give thanks in all circumstances;  
for this is Gods will for you in Christ  
Jesus. 1 Thessalonians 5:18**

This month we are talking about gratitude. This is an area in our lives that we all over look and often ignore. Gratitude means that when someone does something nice for you, you return the favor and do something nice for them. That's what gratitude is.

If we never take the time to acknowledge what God has done in our lives or how others have helped us, we may develop an unhealthy ego or a growing frustration with the people around us. We might become bitter and complain about every little thing. So basically, if you want to show gratitude, let other people know that you saw what they have done nice for you. If someone holds the door open for you, tell them thank you. Never let good deeds go unnoticed.

We all have bad days sometimes and it can seem like nothing is going right. But no matter how bad things are, we can always find something to be grateful for, even on those days. There is always a good side to whatever is going on. 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. The most beautiful thing is to see a person smiling.

Having an attitude of gratitude will change your mood, your outlook and increase the joy in your day.

This month my son/daughter or student has demonstrated both at home and at school those qualities of responsibility required by our school for students seeking to earn the *Black Belt Excellence Stripe*.

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

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

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

**Parent Signature** \_\_\_\_\_

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

#### 6 Requirements of the Stripe of Excellence

- ◆ Black Belt Excellence behavior at home
- ◆ Black Belt Excellence behavior and passing grades at school
- ◆ Overall performance and attendance at the karate school
- ◆ Completion of the monthly Black Belt Excellence activity sheet and assignment
- ◆ Returning the Black Belt Excellence sheet when due
- ◆ Returning the Excellence sheet on time, qualifies you for student of the month and belt testing

Return your BBE Sheet to an instructor at the beginning of class to receive your black stripe

**Due November 18th**

# Due by November 18th

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

What is the bottom line for this month?

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What does the bible say about gratitude?

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List 5 things you are grateful for

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Give thanks to the Lord

Think of or name a difficult situation you are facing.

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Write down the good side of what is going on or how  
You can be grateful for that situation.

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Name 2 people who have helped you and how

1. \_\_\_\_\_  
How?

2. \_\_\_\_\_  
How?

THANK THEM!

