



Warrior Karate Academy

Positivity

Name _____

List 10 things that you like about YOURSELF:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

List 5 things that you like about Karate/Martial Arts:

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