

# BLACK BELT EXCELLENCE

JUNE 2022

A POSITIVE ATTITUDE LEADS TO POSITIVE OUTCOMES!



NAME:



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## 5 AWESOME TIPS FOR DEVELOPING A POSITIVE ATTITUDE:

1. Seek out friends and partners with positive attitudes. Surround yourself with people that give you a mental boost!
2. Look for solutions instead of complaining. Constantly complaining about little things leads to a bad attitude.
3. Focus on the good! Focusing on thinking about all the great things in your life leads to a happy mind.
4. Get some exercise! The way you feel influences your actions. The better you feel, the more productive you'll be.
5. Ask for help! If you're starting to feel down or you need some advice...just ask! Positivity promotes positivity.

## LET'S THINK POSITIVE!

Nicole is 9 years old. She runs home from school and then counts the minutes until it's time to go to her martial arts class. This week she had to do 10 push-ups but she couldn't get past 5. Her form was off and she thought that there was no way she would ever do it. She thought she just wasn't good or strong enough to make it happen. It got to the point where she really felt like giving up. Her thinking was very negative.

The next week at class Nicole talked to her friend Sarah. Sarah watched Nicole struggling to perfect her push-up form and wanted to help. She told Nicole that she was so close to perfecting it and that she just had to believe in herself. She told her how awesome and capable she was, and to ask for some help after class if she needed it. Nicole started to feel confident and was finally able to complete those push-ups.

Nicole was so happy when she could finally do the thing that was so hard for her. It was just a temporary block. Her attitude really improved and now she was feeling really positive. Confidence is contagious and now she wanted to help everyone around her improve as well. Sometimes she still struggles when learning new things, but she doesn't let it get her down. She knows having a positive mindset is important and will help her with everything from now on!

## HAVE A BLACK BELT EXCELLENCE MINDSET!

Getting a good start in the morning helps! Make your bed. It takes less than a minute. Pull back your comforter, fluff the pillows, tuck the sheets in. It doesn't need to be perfect, just make it look nice. You just created some order in your hectic day before even leaving the house!

It's all about getting a good start. It's all about having a positive attitude. The earlier in the day you start thinking happy thoughts the better. *One small positive thought in the morning can change the outcome of your entire day.* How you behave and how you feel determines how you act. This is the formula for having a positive attitude.

It's about feeling good! We all work hard on perfecting our techniques and learning new skills, but martial arts should also be fun! One of my favorite things about going to class every day was just how much fun it all was. I loved practicing the latest forms, but I REALLY loved running drills and jumping on the trampolines. Both things are equally important in developing a positive mental attitude.

Let's all try to have positive attitudes this month. Be a positive role model for the other kids in class. Smile more. Be optimistic. Laugh. Have some fun!



**"IF YOU HAVE A POSITIVE ATTITUDE AND CONSTANTLY STRIVE TO GIVE YOUR BEST EFFORT, EVENTUALLY YOU WILL OVERCOME YOUR IMMEDIATE PROBLEMS AND FIND YOU ARE READY FOR GREATER CHALLENGES."**

- Pat Riley





# I HAVE A POSITIVE ATTITUDE:

COMPLETE THE FOLLOWING POSITIVE ATTITUDE ACTIVITY BELOW. ANSWER THE QUESTIONS AND HAVE SOME FUN!

1. HAVE YOU EVER STRUGGLED WITH HAVING A NEGATIVE ATTITUDE? HOW DID YOU GET THROUGH IT?

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2. FRIENDS ROCK! HOW HAVE YOUR FRIENDS MADE YOU FEEL GOOD AND MORE POSITIVE?

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3. DOES PRACTICING MARTIAL ARTS MAKE YOU FEEL GOOD ABOUT YOURSELF? HOW SO?

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4. LET'S THINK FORWARD! WHAT DO YOU THINK YOUR LIFE WILL LOOK LIKE IN THE FUTURE?

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## HOW CAN WE HELP OTHERS FEEL MORE POSITIVE?

We're talking about having a positive attitude, being optimistic, and feeling good. I'm sure you have a great attitude right now! How would you help others feel good about themselves too? Tell us all about it on the lines below!

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**NEXT MONTH: THE POWER OF YET**

# POSITIVE THINKING

*Positive thinking can improve your creativity and being creative makes you feel more positive!  
In the boxes on the left, scribble and draw your answers. In the boxes on the right, jot down lists!*

THIS WAS MY HAPPIEST MARTIAL ARTS MOMENT:

SOME THINGS THAT MAKE ME HAPPY:

WHEN I HEAR THE WORDS "POSITIVE ATTITUDE" THIS IS WHAT I SEE:

SOME THINGS I'M REALLY LOOKING FORWARD TO:

# HAVE A POSITIVE ATTITUDE