

# BLACK BELT

EXCELLENCE

JULY 2022

# THE POWER OF YET

NAME:

# BELIEVE IN THE POWER OF YET!

## 5 AWESOME WAYS TO HELP DEVELOP A GROWTH MINDSET:

1. Challenge yourself! If you only do things you're comfortable with you'll never really grow.
2. Ask for help. If you're struggling in an area, sometimes you need someone more skilled to show you the ropes.
3. Keep setting goals! Whenever you achieve a goal, focus on setting another goal. Keep on going.
4. Don't only look for approval. Instead of focusing on what others think, focus on your own learning and growth.
5. Value the process over the end result. It's the journey that matters, not the destination!

## I CAN CHANGE MY MINDSET!

Taylor thought he would never be one of the top students in his Martial Arts class. He saw that everyone was slightly more advanced than he was and decided he would never become a champion. Then he learned about "the power of yet." He began to realize he's just not an expert Martial Artist...yet. This was a major revelation. Once he began to develop this 'can do' attitude there was nowhere to go but up!

Taylor is getting tough. When he wants to give up because something is hard he keeps going and meets the challenge. When he is feeling down, he puts in the work. When he doesn't do something well he asks for advice and uses the constructive feedback. He works harder now. He works smarter. He sees an endless supply of potential right there waiting for him.

Taylor is developing a completely new outlook on his abilities and possibilities. He's developing a strong growth mindset. That simply means he believes his talents can be developed through hard work, smart strategies, and positive input from others. He's worrying less about looking smart and instead he's putting more energy into learning. It's time for him to set some new goals and get to work. There is absolutely nothing he can't do now that he's put his mind to it and is willing to work.

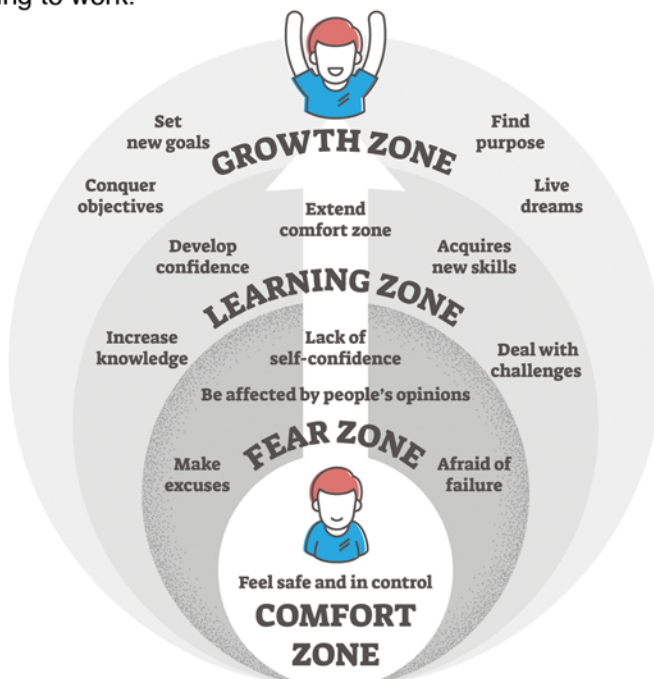


**"SUCCESS IS NO ACCIDENT. IT IS HARD WORK, PERSEVERANCE, LEARNING, STUDYING, SACRIFICE AND MOST OF ALL, LOVE OF WHAT YOU ARE DOING OR LEARNING TO DO."**

- Pelé



HAVE A BLACK BELT EXCELLENCE MINDSET!



# I WILL NEVER GIVE UP:

COMPLETE THE FOLLOWING GROWTH MINDSET ACTIVITY BELOW. ANSWER THE QUESTIONS AND HAVE SOME FUN!

1. WHAT IS SOMETHING YOU CAN DO TODAY TO CHALLENGE YOURSELF?

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2. WHAT STRATEGY OR STEPS CAN YOU TAKE TO SUCCEED IN THIS CHALLENGE?

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3. WHAT MISTAKES MIGHT YOU MAKE? WHAT LESSONS CAN YOU LEARN FROM THOSE MISTAKES?

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4. WHAT CAN YOU DO TO IMPROVE YOURSELF FOR THE FUTURE?

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## LET'S CELEBRATE SOME RECENT WINS!

Celebrating success is an important part of building self confidence. Did you accomplish any important goals recently? Tell us about it! How did you achieve it? What struggles did you face? How did it make you feel?

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**NEXT MONTH: HUSTLE FOR THE MUSCLE**



# LET'S KEEP PUSHING!

GET CREATIVE IN THE FOLLOWING FOUR FRAMES. LET'S WORK ON HAVING A POWERFUL GROWTH MINDSET. LET'S ACHIEVE OUR GOALS!

THIS IS WHAT SUCCESS MEANS TO ME:

THESE THINGS MIGHT GET IN THE WAY OF MY SUCCESS:

THIS IS HOW I CAN KEEP PUSHING AND ACHIEVE SUCCESS:

THIS IS ME NEVER GIVING UP:

# GROWTH MINDSET