
CHARACTER DEVELOPMENT REPORT

IMPROVE RETENTION AND ADD VALUE TO YOUR PROGRAM

Confidence

Week 1

"Self-confidence is the first requisite to great undertakings."

Samuel Johnson, 18th Century English writer and critic

Translation for Adults

Nothing significant occurs in your life without confidence. Even the most insignificant and mundane tasks of your daily life require an unconscious confidence to do them. To accomplish new tasks and goals, you must first "know" that they are possible. There would be no reason to make plans or put them into action unless you first convinced yourself that those plans would guide you to your goals. Without that conviction, you might be tempted to stop, if the journey to your goal doesn't go as you planned. Have confidence in your ability to reach a goal. Your confidence will drive and motivate you to work hard, even though the challenges are great.

Translation for Kids

Life is impossible without confidence. You must have confidence in your ability to reach every goal and finish every task. You must already have confidence because you tried martial arts. Many people fear martial arts training. They think it might be too hard. They think they will look stupid. You had the confidence to come to your first class. Your confidence makes a great life possible. You need it to reach any goal. Remember, you can do it, whatever "it" may be. Work hard, even when life is a struggle. You will succeed because confidence is your partner.

Class Discussion for Kids

1. Name a goal you reached that required confidence in your abilities. How did your confidence help you?

2. How can past successes make your confidence stronger?

Week 2

"If you hear a voice within you say "you cannot paint," then by all means paint, and that voice will be silenced."

Vincent Van Gogh, Dutch Post-Impressionist painter

Translation for Adults

Whenever that little voice in your head says, "Can't," resist with the focus and discipline of a martial artist. Most of your goals, dreams and aspirations are possible, although that voice tries to convince you otherwise. Ultimately, you make the decision to be an "I can't" or an "I can." Have confidence in your abilities and you will always be an "I can" and an "I did." Many middle-aged single mothers who returned to college to complete their degrees initially thought it was impossible. They found the confidence in themselves, however, to sidestep their doubt, focus on their goal and reap the rewards. Continue to develop your confidence, so regardless of how loud the voice may become, your confidence and accomplishments will silence it.

Translation for Kids

Sometimes, you are the greatest obstacle to your goals. That little voice in your head tells you it can't be done. Use your martial arts focus and discipline to silence that voice. Focus your confidence on your goal or task. You will achieve it. You can master a really cool jump spin kick. Tell yourself "I can," and then jump and kick with confidence. You can be a straight "A" student. Tell yourself, "I am smart enough to reach that goal." Listen to your voice of confidence. It will guide you to your goals.

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Class Discussion for Kids

1. What goal did you accomplish that, at first, you thought was impossible?
2. How did it make you feel when you were successful?

Week 3

"Confidence comes not from always being right, but from not fearing to be wrong."
Peter T. McIntyre

Translation for Adults

From earliest childhood, you learned to fear being wrong. That fear is so ingrained, in fact, that most adults even fear the possibility of being wrong. Fear, of course, is the great inhibitor. It creates a false mindset that convinces us to avoid any tasks or goals, unless they are guaranteed successes. Fear freezes our confidence and causes inaction. Being wrong or failing is acceptable when it is the result of working hard, with confidence. Don't fear being wrong; instead, fear losing your confidence because nothing is possible without it. Any great undertaking that requires planning, hard work and many actions include the risk of failure. Without that risk, your great undertakings are probably not worth doing. Keep your edge! Remain confidence, even if you may be wrong!

Translation for Kids

Being wrong is not a good feeling. You might think that you were stupid. You might think you are not a good person. The fear of being wrong can stop you from reaching your goals. That is when being wrong is OK. Overcome your fear with confidence. Accept new challenges. Try a more advanced math class in school. Spend more time practicing your martial arts. Learn that difficult move your instructor taught you. Always challenge

yourself, even if you're not right. Forget your fear and do something great. You may not be rewarded, immediately, but keep trying. Remember, your Black Belt spirit!

Class Discussion for Kids

1. Name a task or goal that was a real challenge.
2. Were you worried and fearful of being wrong? How did you conquer your fear?

Week 4

"Nobody can make you feel inferior without your consent."

Eleanor Roosevelt, American humanitarian and wife of Franklin Roosevelt

Translation for Adults

You have the abilities to achieve many goals and experience great success. The opinions of the people in your life can inhibit your drive to success, just as the fear of being wrong. Someone's opinion of your potential for failure or success is only relevant if you let it be. If you "consent" to his or her opinion that you are inferior, then that will be the basis of your decision to do nothing. You will never know the joy of a challenge and the rewards of conquering it. Once again, you can't move forward because you are more concerned about what others will think. There are circumstances when you should heed the caution of your friends, but, in the end, you must listen to and decide for yourself. The courage and the confidence to try something new come from within, not from the opinions of those who think you will be unsuccessful.

Translation for Kids

You can be a great success. You can be very smart. Some people may still think you don't have the abilities to achieve your goals. They have a right to their opinions. You are in

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control of you. Have confidence that you can achieve your goals. The people who say that you can't are not the same as the people who tell you to be careful. Always listen to a friend or family member's advice. They want you to succeed. They also want you to be ready for the challenges. Their advice could help you achieve your goals. Remember, you have the confidence for any challenge. Focus on your confidence and your abilities to accomplish a great task, and you will.

Class Discussion for Kids

1. Should you allow other people's opinions to stop you working toward your goals?
2. When should you listen to other people's advice?