
CHARACTER DEVELOPMENT REPORT

IMPROVE RETENTION AND ADD VALUE TO YOUR PROGRAM

Potential

Week 1

"Focus on your potential instead of your limitations."

Alan Loy McGinnis, Ph.D, author and family therapist

Translation for Adults

Your potential is the possibility for achievement, whether it's a daily task or your life goals of health and success. Potential fuels your abilities to accomplish—ANYTHING! All of us have potential, but often it is not utilized to its fullest. You might say it's put on the backburner. Past failures or new challenges are often the barriers to realize your full potential. Once you lose confidence in your potential and begin to focus on your limitations, you are doomed to failure. The most successful people in the world—Donald Trump, Bill Gates and Martha Stewart—believe in themselves before others believe in them. You must do the same. Put your potential to work; it's your ally to achieve greatness, whether your goal is big or small.

Translation for Kids

Your potential is what you can become. Believe in yourself. Be confident you can achieve any goal. It may be a small goal, such as removing the trash from the kitchen everyday. It may be a big goal, such as becoming a Black Belt. Use your abilities to reach your potential. Don't let past failures or new challenges limit what you can do. You must believe in yourself and your abilities. You will do more than you ever thought you could. You have the abilities and the confidence. Your potential belongs to you, and only you. Put it to work and you will achieve greatness.

Class Discussion for Kids

1. What is potential?

2. Can you achieve your goals if you think there are limits to your potential?

Week 2

"I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something that I can do."

Helen Keller, American writer

Translation for Adults

Potential does not mean that you can do everything, but it does mean you can to do some things—and do them very well. You may not be a star athlete or a legendary rock guitarist, but you can be the best at what you do. Don't allow your ineptitude at sports, music or whatever you can't do affect the rest of your life. Part of what makes Michael Jordan and Eric Clapton great is that they discovered what they could do best, and, therefore, have achieved their potential. Don't ever stop experimenting with the potentials of life, even when you discover that you can't do some things. Once you know what you can do, work to be your best. The talents we possess as well as the talents we lack, shape who we are.

Translation for Kids

Potential is the opportunity to be the special person you can be. You can't do everything, but you can do some things very well. Don't ever stop trying new things in life. You may have the talents to be great. You may not. You may not have the skills to be a great basketball player. That's OK. Playing basketball with your friends is still a good activity. You may try hard, but you may never be an "A" student. That is no reason to stop learning. Keep trying and use what you learn to discover what you can do best. Each person has unique talents. Use your talents and you will reach your potential.

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Class Discussion for Kids

1. What is something you always wanted to try? What has stopped you from trying it?
2. How does trying help you reach your full potential?

Week 3

“Continuous effort—not strength or intelligence—is the key to unlocking our potential.”

Winston Churchill, British statesman, prime minister during World War II

Translation for Adults

Everyone has equal potential to achieve his or her best. You have the abilities to be successful, on your terms. Potential, however, requires effort. Some are born to wealth, which may provide more opportunities; but without effort, not even the rich will achieve their goals. Your effort is your wealth. When you put effort behind your goals, you are experiencing your full potential. You are as privileged as “the privileged” (and maybe more so) because you have an equal opportunity to try to be your best—and your effort may allow you to seize that opportunity better than they. We all have equal ability to put forth effort. Work as hard as you’re able and you will achieve your goals. Stop making excuses and start making effort—and you will unlock your potential.

Translation for Kids

Effort is hard work. You can only be your best if you work hard. Everyone has an equal opportunity to try. You will be successful because you put forth effort. Too many people would rather be lazy. Your life would be easier if you didn’t attend your martial arts class. It’s easier to forget your homework than making the effort to study. Effort is necessary if you expect to achieve your goals. There are no rewards without effort. Only students who work hard become great Black Belts. Even those students who are excellent martial artists must work very

hard to earn their Black Belts. Work hard for your goals. You will reach your full potential. You will succeed.

Class Discussion for Kids

1. What is a goal that you want to achieve that will take continuous effort?
2. What will you have to do to reach that goal?

Week 4

“You see things; and you say, ‘Why?’ But I dream things that never were; and I say, ‘Why not?’”

George Bernard Shaw, British playwright, essayist

Translation for Adults

This well-known quote has been taught to many generations of school children in hopes of motivating those children to take on challenges throughout life, instead of avoiding those challenges, which are often opportunities. When faced with new challenges, an opportunity for excellence, too many people say, “It’s not for me. I can’t do that!” They should be asking themselves, “Why not me?” Once you decide to face a challenge, to make the effort to live a dream, your success could be immeasurable. The next time you’re faced with a challenge shout a resounding “Bring it on!” Once you do this, your potential will be limitless.

Translation for Kids

Challenges are actually opportunities. You can try something new because you have confidence in yourself. Don’t say, “I can’t”; say “I will try to do my best.” You may not think you can dunk a basketball. Give it try. You may come closer than you think. You may be afraid to try a jump kick. Ask yourself, “Why not?” There is no reason why you shouldn’t try. You may have to try more than once to do it right. That is learning. You

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must try to learn. When you do learn you have power. The power to say, " I can" and "I did."

Class Discussion for Kids

1. Have you ever accomplish something new that you thought you couldn't do? How did that make you feel?
2. How can asking, "Why not?" help you to reach your potential?