

# CHARACTER DEVELOPMENT REPORT

IMPROVE RETENTION AND ADD VALUE TO YOUR PROGRAM

## 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 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?

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2. How can asking, "Why not?" help you to reach your potential?