BLACK BELT
SELF-TALK

Winning Black Belts have a feeling of self worth and confidence. Winners develop a feeling of self acceptance and respect.

White Belt Word of the Belt

Name: _____

Remember that *we learn to believe*. What people tell us impacts how we think of ourselves. What's something positive that someone you know and respect says about you that boosts your self-esteem?

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How have your parents and teachers shaped what you believe about yourself and your potential in a positive way?

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What's a dream you have for yourself?

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Think of that dream as a flame. What are some negative things people say that smother that flame?

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What if there was *nothing smothering that flame?* Say the negative talk disappeared—*whoosh*—like a mist in the bright sun. *What do you see for yourself?*

_____

As a **Black Belt in training**, you can actually *feel* the effect of positive vs. negative talk on your performance. When it comes to your next belt test, what's the better choice: *"This is going to be so hard, I'm gonna be so tired, I'm never gonna remember my forms!"* or *"I trust my instructors, I trust my teammates, I trust myself."* Go for the positive!