



BLACK BELT WORKSHEET 3 SELF-TALK

"There are no facts, only interpretations."

Frederick Nietzsche

Name: _____

We interpret ourselves all the time. *Did I do a good job on the test? Am I good at karate? Am I likable? Am I happy?* There aren't absolute answers to these questions, because we're always **changing, evolving, adapting.**

That's why we need to talk to ourselves in ways that acknowledge our **potential**. *You may make a mistake, but you're not innately clumsy. You may get angry, but you're not angry by nature.* There's always possibility, and our job as kids, parents, and martial artists is to explore it.

Our behaviors determine our success or failure. Practice sidekicks everyday, and you'll get better at sidekicks. Don't practice, and your sidekicks stay the same. What's something in karate you want to get better at? _____

What's a behavior you can take on to improve?

What's something in life you want to get better at?

What are some ways to behave that will get you better?

Who's someone you want to inspire? _____

What can you say to that person about his or her potential? *I think you can:* _____