



BLACK BELT

WORKSHEET 4

SELF-TALK

"Never underestimate the power you have to take your life in a new direction."

— **Germany Kent**

Name: _____

"I have not failed. I've just found 10,000 ways that don't work."

Thomas Edison (inventor)

Thomas Edison, inexhaustible inventor of such devices as the gramophone, the film projector and the light bulb, had clearly mastered positive thinking. When he failed, he didn't define himself as a failure. After thousands of failed attempts, he kept saying I can do it.

Edison had his "mental apartment" in order.

What's some old "mental furniture" (negative ways of thinking or doubts) that you currently live with? _____

Change those thoughts or doubts into statements of enthusiasm, encouragement and self-confidence - What does that furniture look and feel like now? _____

Responsibility isn't a "duty" or "burden"—it's a power. Name a time (or an age) when you became responsible for something new. (It could be a job, a phone or a car, or even a person): When I was _____ I became responsible for _____

Describe how that responsibility has made you feel: _____

What would you tell one of your karate teammates (external motivation) if they said "I'm not good enough to earn a Black Belt." ? _____

What would you tell yourself (internal motivation) if you thought you'd never be good enough to earn a Black Belt? _____