



Name: _____

Appreciation is the act of enjoying and being thankful for the people and things and experiences around you.

Who's a person you appreciate (someone you learn from, look up to)?

What do they do that makes you appreciate them? How do they inspire you?
Be specific! _____

What's something that you see and use EVERY DAY that you appreciate (sunshine, for example, or food or your toys or car)?

As a black belt leader, how can you appreciate your followers/students (KIDS: THIS INCLUDES YOUR PARENTS AND SIBLINGS AND FRIENDS! PARENTS: THIS INCLUDES YOUR KIDS!): _____

Draw the person you appreciate!



Draw the thing that you appreciate!

