

BLACK BELT COMMITMENT



*"Commitment is an act, not a word."
John-Paul Sartre*

Name: _____

What do you commit yourself to on a daily basis? [HINT: This is simple—think about the things you choose to do every day and actually get done] _____

What's an example of an easy commitment? _____

What's an example of a difficult commitment? _____

Give an example of when you've stuck with a commitment, even when it was way harder than you thought? _____

What commitments to others, to your community, to your kids and parents, do you have as a Black Belt student? _____

Write an example of a personal, Black Belt commitment (establish trust, complete a community project, do 100 push ups, etc.):

Now draw a picture of how you feel when you accomplished that commitment!

