

BLACK BELT



MOTIVATION

*"It's never too late to be what you might've been."
George Eliot*

Name: _____

PARENTS/COACHES: How do you motivate your kids to do the right thing? List some ways: _____

KIDS: What can adults do to help you feel motivated? (BE SPECIFIC!) _____

Describe an activity (at home, school or karate) that you're really motivated to do:

List an example of something you know how to do and are motivated to do:

List an example of something you *don't* know how to do (but are motivated to try):

Draw Yourself Accomplishing Something Great with Black Belt Motivation!