

"True happiness arises, in the first place, from the enjoyment of one's self." Joseph Addison

Name three things you really love to do:

1		
2		
3.		
	•	

How could black belt training help you enjoy some of these things even more? (E.g., by making you stronger, helping you focus, etc.): _____

What part of training do you enjoy most? (Forms, games, sparring, friends, etc.)

Draw Yourself Enjoying What You Love Most!

