

PERSEVERANCE

"It always seems impossible until it's done."
Nelson Mandela

Name: _____

Describe a goal you had that required patience and perseverance to overcome? _____

How did you persevere to reach your goal? What was the result? _____

Describe a time you've had to show perseverance in your black belt training: _____

PARENT/FAMILY DISCUSSION: How can you help each other persevere to black belt and beyond (think about the challenges, both physical and mental)? _____

Draw yourself helping someone else (a mom, a dad, a brother, a sister, a friend, a teacher) PERSEVERE!

