



REVIEW AND RENEW

"Vines will be planted, corn will spring up, a whole growth of new crops and harvests yet to come. Life is eternal, a perpetual renewal of birth and growth." ~Emile Zola

Name: _____

Renewal literally means "to make new again." The act of renewal helps us replace what's tired or worn out with new energy, and that helps us reach our goals.

Reflect on your next black belt goal (this could be your 1st, 2nd, 3rd degree or beyond). What do you see as your biggest challenge to achieving that goal?

Is this challenge **short-term** (I have a temporary injury) or **long-term** (I'm anxious about the next black belt test, or I'm dealing with bigger issues in my life)?

Keep your goal in your sights! Name three things, thoughts, or people that you'll rely on to help you overcome challenges and reach that goal:

1. _____

2. _____

3. _____

FAMILY DISCUSSION: We say that at black belt, you start anew (black belt's not the end, but a new beginning). How do you see yourself changing, growing and feeling after you've reached your next black belt goal? _____

BONUS: Use the back of this worksheet to draw a picture of yourself having reached your next black belt goal!