

Name: _____

Date: _____

RESPONSIBILITY

Who is someone you think of as a responsible person?

Why did you choose this person?

What is one thing you would like to be more responsible for?

As a martial artist, you are responsible for your own training. No one else can earn your black belt for you. It is important to take ownership of the things you need to do to achieve your goals.

What is your next belt rank? _____

List the things you need to do to help you earn that belt:

- | | | |
|---------|---------|---------|
| ★ _____ | ★ _____ | ★ _____ |
| ★ _____ | ★ _____ | ★ _____ |
| ★ _____ | ★ _____ | ★ _____ |

_____ take responsibility to accomplish this list on my own as I work toward my next belt rank.

FAMILY DISCUSSION

Talk about who has what responsibilities in your home. Write out and come up with an action plan to help hold each other accountable. How will everyone sticking to the plan help your family?