

PERSEVERANCE

NAME --- BELT --- AGE _____

Perseverance is having the strength to complete a goal. Everyone has goals, dreams and things they want to accomplish. If the goals are simple or easy, you don't really have to use Perseverance. If the goals are challenging or really big, you will have to use Perseverance to accomplish them. Champions in life use their Perseverance strength to win competitions, accomplish big goals and to become great.

Quitter or Winner

People without Perseverance are known as Quitters. They try something and quit. Then they try something new and quit again. When something becomes challenging or they get a little tired, they quit. So instead of accomplishing their dreams and goals or becoming really good at something, they just keep giving up and never accomplish anything. This means when you get Perseverance in your mind and body, you will be stronger than the Quitters! You will also be able to accomplish great goals!

What happens to people who have Perseverance? _____

Make Your Mind Strong

Your mind controls your body, so when it says you are tired or to give up, in most cases people will stop. Everyday you get excited and motivated. And you also get tired and feel like stopping. It is natural. Next time you feel like stopping use this 4-step process to keep going.

Step 1. Tell yourself "Nothing Will Stop Me." **Step 2.** See your goal in your mind.

Step 3. Imagine yourself doing it. **Step 4.** Keep going. Make your mind strong so it will push your body to the goal and across the finish line.

Exercise 1- Say "Nothing Will Stop Me" three times.

Exercise 2- Imagine wanting to quit something. Stop yourself, see the goal and see yourself accomplishing it.

Make Your Body Strong By Exercising

To have Perseverance you need to make your body strong. To cross a finish line, get your black belt, win a competition or to excel in school your body has to get you there and perform at its best. It is much harder to perform when you are weak and tired. The first step to being able to push through any goal is to have a strong body. To make your body strong, you need to exercise.

Martial arts is one of the best exercises you can do to make your body strong. Plus, martial arts is fun, you meet a lot of friends and you learn how to protect yourself at the same time. There is not any other sport that offers so many benefits.

How does martial arts make your body strong?

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Make Your Body Strong By Eating Healthy

To become stronger, faster and more powerful you have to feed your body with food that will make it perform like a machine. Your body is mostly made up of water and oxygen so start by drinking more water and taking deep breathes throughout your day. Next, eat healthy with natural foods such as vegetables, fruits, and healthy proteins. When you do, you will feel better and your body will get stronger.

What foods make your body stronger?

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

What foods do not make your body strong?

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Perseverance- Nothing Will Stop Me!

My Goals _____



Parents: Please sign, and send back to us so your child can earn a blue tip on belt! Call if questions: 206 230-9050 or email us: info@mercerislandmartialarts.com