

Name: \_\_\_\_\_

# Attitude

There are 9 major life skills that we teach along with our forms, one-steps/sparring and self defense. They are Courtesy, Integrity, Goals, Honor, Self-control, Respect, Attitude, Loyalty and Perseverance. As a yellow belt focus your attention on attitude. What is attitude? In TaeKwonDo we define attitude as feeling good about yourself and what you are doing. A positive attitude makes success possible. Think about it - if you feel as though you will never be able to do 20 push-ups you struggle through 5. Think of ways you can improve your attitude towards TaeKwonDo, school and your parents. List at least one way for each of these.

TaeKwonDo \_\_\_\_\_

\_\_\_\_\_

School \_\_\_\_\_

\_\_\_\_\_

Parents \_\_\_\_\_

\_\_\_\_\_

Remember - whether you think you can or think you can't, you are right! Focus on your overall attitude this cycle and see if having a positive attitude helps you in all areas of your life.

Please turn this sheet in before testing.

Parent signature: \_\_\_\_\_