

★ Personal Achievement Academy ★

NEW MARTIAL ARTS STUDENT

ATTITUDE OF A CHAMPION

When you come to class, have the "Champion Attitude." This means that every time you work out, you always try your best, no matter what. You have fun and you get better. Sometimes you will see other students who are not trying their best, right? Sometimes their attitude is poor and they don't try very hard. That's OK; this means you will be able to progress faster than them. To become really good, really fast, be energized, get excited, try your hardest in class and you will become a martial arts champion. Memorize these three elements of the "Champion Attitude."

1. Always Try Your Best
2. Have Fun
3. Get Better In Every Class

RESPECT

There are three very important people you want to respect:

Parents: Show respect to your parents by looking at them when they speak to you and doing what they tell you to do right away.

Always say "please" when asking for something and "thank you" when you receive something.

Teachers: Show respect to your teachers by listening carefully, trying your best, and studying properly.

Yourself: Show respect to yourself by doing things that will help to become a better person. These include making your body stronger by exercising, making yourself smarter by studying, and developing your leadership skills to be successful in life.

GOAL SETTER

Setting goals is powerful. As a matter of fact, only 3–5 percent of people in the world write down and set their goals. Statistics show that you can start accomplishing great results in life by just setting goals properly. As many people say, goals we set are goals we get and a goal not written down is only a wish.

My Martial Arts Goal is _____ Belt

CONQUER THESE MISSIONS!

Each mission is worth 10 points	10 pts each
Memorize the three elements of the Champion Attitude	
Memorize the three most important people to respect	
Look into your parents' eyes when you speak to them	
Say "yes, mom" or "yes, dad" when a parent asks you a question	
Say "thank you" or "please" to a parent	
Show respect to a teacher by looking into his/her eyes and listening carefully	
Stand up straight to show your confidence	
Do a bow to show respect and that you are ready to learn	
Work out 2–3 times per week	
Write down your martial arts goal	
Total Points	

PERSONAL ACHIEVEMENT POINT SCALE

0 10 20 30 40 50 60 70 80 90 100

Turn this in with a perfect 100 points to get a special prize.

www.PersonalAchievementAcademy.com

See It. Hear It. Live It.