

Name _____ Belt _____

PERSEVERANCE

What does the word perseverance mean?

How can perseverance help you in your Taekwondo training?

Where have you shown perseverance in your everyday life or in school?

FOCUS

List 3 words that mean the same or are similar to the word Focus:

What can you do to help you focus on getting your schoolwork done that is taken home?

How can you focus on learning Taekwondo when you come to class?

COMMITMENT

How does the dictionary define the word commitment?

List 5 things you are committed to learning in Taekwondo:

How can you show your commitment to a goal that you want to reach?

OVERCOMING OBSTACLES

What are obstacles?

What does it mean to overcome your obstacles?

Are some obstacles that you face harder to overcome than others? Yes or No? Why?

Name one obstacle that you wish to overcome so that you will be a better Taekwondo student:
