

Name _____ Belt _____

CONFIDENCE

How does the dictionary define **confidence**?

How can **confidence** help you to reach a goal?

Can you name one move in Taekwondo you are **confident** that you do well all the time? _____

In what subject in school are you **confident** that you do well all the time?

How does it make you feel knowing that you can do well in these areas consistently (almost all the time)? _____

ATTITUDE

What is **attitude**?

How can your **attitude** help you with something that is hard to do?

List 3 people you know that have great **attitudes** and always try to overcome whatever challenges they face:

1. _____

2. _____

3. _____

ENTHUSIASM

What does **enthusiasm** mean?

List 3 ways that you can show **enthusiasm** during your Taekwondo classes:

1. _____
2. _____
3. _____

How can your **enthusiasm** for learning Taekwondo help others in your classes? _____

POSITIVE THINKING

Positive thinking means:

What is the opposite of **positive thinking**?

Why does this type of thinking hurt your chances to accomplish a goal?

Write down your own phrase or saying that can help you to create **positive thinking** when facing a difficult challenge:

(Remember this phrase and say it when working on a hard kick, jump or form in Taekwondo).