

Consequences

Week 1

"Everybody, sooner or later, sits down to a banquet of consequences."

Robert Louis Stevenson, British novelist and poet, author of *Treasure Island*, *The Strange Case of Dr. Jekyll and Mr. Hyde*, *Kidnapped* and other classic tales

Translation for Adults

Every one of your actions has a consequence, or result, either good or bad. Those results may not be obvious immediately, but eventually you must face the "music." At first, you may think you've avoided the consequences of your actions, e.g., failing to give 100% on the job or during class, but there will come a day when you must admit responsibility. That is why it is so important that you make sure your actions always result in positive outcomes.

Translation for Children

Every one of your actions or the way you behave has a result, either good or bad. Are the results of the following actions good or bad? If you answer "bad," then what should you do to make them good?

- You don't study for the next big test at school.
- You don't complete the list of chores your mother gave you.
- You don't practice for your next belt test.

As a future Black Belt, you must make sure that every action has a positive result.

Class Discussion for Children

1. What are some consequences that you have had to face?
2. How would you change your actions to make sure they always provide positive, or good, results?

Week 2

"Men must try and try again. They must suffer the consequences of their own mistakes and learn by their own failures; and their own successes."

Lawson Purdy, Tax Commissioner of the City of New York in the 1920s

Translation for Adults

Since every action has a consequence, you must learn from those consequences, especially when they are unfavorable. After you analyze them and determine how to improve your actions, then you must apply them to your life. Unless you integrate those improvements into your life, you will never become a better person, and those same consequences will continue to occur.

Translation for Children

There are two kinds of people who face consequences. The first kind ignores consequences and hopes they disappear. The second kind learns important lessons from those consequences; and the second kind includes students like you, working hard to become a future Black Belt. Part of your training is to learn from the consequences you face, even when they are bad. You must also put those lessons into action, so you're able to be a better person.

Class Discussion for Children

1. When did you learn from a consequence of your actions?
2. What did you learn, and how did it make you a better future Black Belt?

WORDS OF THE WEEK

MOTIVATIONAL LESSONS FOR CHILDREN AND ADULTS

Week 3

"Honor isn't about making the right choices. It's about dealing with the consequences."

Midori Koto

Translation for Adults

Everyone has the innate ability to know right from wrong. Making the right decision is only the first step to achieve greatness. To become truly great, you must accept responsibility for the choices that you make, whether right or wrong. Part of accepting the consequences of your actions is checking to see if you do the work needed to accomplish the task. If the answer is no, then you must learn from that experience to reach your goal.

Translation for Children

Great Black Belts do more than make good choices. They accept the results no matter what choices are made. They realize that the results they achieve are because of the work they did previously. For example, you are about to compete in a big tournament, but you do not practice, then you should not be surprised if you fail to win first place. Black Belts know how much they must work to accomplish important tasks. They also make sure they do the work to achieve the desired results.

Class Discussion for Children

1. What is an example of you accepting the consequences of your actions, without arguing or denying it?
2. What is one goal that you want to achieve during the next month? What will you do to make sure you reach that goal?

Week 4

"It is not a field of a few acres of ground, but a cause, that we are defending, and whether we defeat the enemy in one battle, or by degrees, the consequences will be the same."

Thomas Paine, American patriot during the Revolutionary War and author of *Common Sense*

Translation for Adults

Consequences can be the result of several actions or one single event. It doesn't matter which; what matters is that the result is the same. A series of wrong choices or just one choice may steer you from your goals. Either way, the consequence of those choices is that you will not reach your goal. That is why you must focus on the task, when you start to work toward a goal. You cannot let minor distractions alter your course.

Translation for Children

The result you achieve may happen because of a number of small actions or one really big action. Either way, you still achieve the result. If you fail to study every day for a test, then it is likely you will fail to pass the test. The result is the same as if you did not take the test at all. This shows that failing to study every day, which is a small action, is the same as not taking the test, which is one big action. To become a Black Belt, it is important to stay focused on your goals. Once you allow many small and wrong actions to happen, then you are unlikely to reach your goals.

Class Discussion for Children

1. Why is it important to stay focused on your goals?
2. Give another example of how small actions added together are the same as a major action.