

Achievement

Week 1

"It's your aptitude, not just your attitude that determines your ultimate altitude."

Zig Ziglar, international motivational and personal success speaker and consultant

Translation for Adults

To achieve more, and reach your ultimate altitude, you need to increase your knowledge or aptitude. You wouldn't expect to become a surgeon by just walking into a hospital and performing an operation. You must attend medical school, study for years and gain experience as an intern and resident, before you qualify to become a physician or surgeon. You can't expect to be successful without learning the required knowledge of your trade, craft or profession, and "paying your dues" through experience. It doesn't matter how great your attitude, without the right aptitude, you will never reach your full potential.

Translation for Kids

To become a doctor is a worthy goal, but it requires many years of school and assisting experienced doctors. That necessary knowledge is your aptitude. You wouldn't expect to attend your Black Belt graduation in three years and receive your Belt, even though you didn't have the required knowledge. You'll never earn an "A" in school, unless you attend class, pay close attention to your teacher and study hard at home. Having an awesome attitude is just the first part of your formula for success. You must also have the knowledge before you're able to reach your goal.

Class Discussion for Kids

1. What can you do to increase your knowledge or aptitude in school?
2. What can you do to increase your aptitude in the martial arts?

Week 2

"Everyone is trying to accomplish something big, not realizing that life is made up of little things."

Frank Clark, president of ComEd, Chicago-based electric utility giant

Translation for Adults

"Inch by inch is a cinch; mile by mile is a trial" is a saying you've probably read and heard, but how often do you actually live by it. Most people are successful because they focus on small goals and let the big picture take care of itself. Without those small goals, it is impossible to achieve the larger one. This week take some time to think about what you want to achieve; and then separate that big goal into smaller ones that are easily achievable. Suddenly, one day you'll discover you've reached the big goal of your dreams.

Translation for Kids

To achieve your Black Belt, you first must earn your stripes and other belts. It's impossible to jump from White Belt to Black Belt in a few weeks because of all the smaller steps you must accomplish first. When you achieve those smaller goals, or steps, then you're able to achieve that much larger goal easier. If you expect to receive an excellent report card from your teacher at school, then you must accomplish all of the smaller goals, such as study, homework and good test scores.

Class Discussion for Kids

1. What are two of your goals in life?
2. What are the smaller steps you must accomplish to reach those goals?

WORDS OF THE WEEK

MOTIVATIONAL LESSONS FOR CHILDREN AND ADULTS

Week 3

"I can't do it' never yet accomplished anything; I will try' has performed wonders."

George P. Burnham

Translation for Adults

One of our biggest adult fears is looking stupid. Because of that fear, our immediate reaction is often "I can't do it," when we are confronted with a new task or challenge. You've essentially erected a barrier to achievement, when you react without confidence. When you react to a challenge with "I will try," your potential is unlimited. You wouldn't be here unless you were willing to try martial arts for the first time, which proves you have an "I-will-try" attitude. Never lose that attitude, and you will begin to replace "I can't" with "I tried and I succeeded."

Translation for Kids

"Can't" is the worst four-letter word for martial artists or anyone. As soon as you say, "I can't," then you've lost the opportunity to reach your goal forever. If you say "I can't earn my Black Belt," or "I can't earn As on my report card," then you are 100% correct. You will achieve none of those goals with that attitude. Unless you try, you will never succeed, so you must change "I can't," to "I will try," and your opportunities will be endless. Whenever you start to say, "I can't," during the next week, it is your job to change your mind and say, "I will try!"

Class Discussion for Kids

1. When did you accomplish a goal that you thought you couldn't because you really tried?
2. How did you feel after you accomplished that goal?

Week 4

"The bad news is time flies. The good news is you're the pilot."

Michael Altshuler, known as The Results Coach, is one of America's top authorities on personal achievement, sales and valued-centered living

Translation for Adults

You control your effort to achieve any goal. Just like the pilot who controls the airplane, you control your future. You are in charge of your success and achievements and being the best you're able to be. You are responsible for reaching your full potential. Even when obstacles block the path to your goals, remember, you are the pilot; you're still in control, and that will make the achievement of your goal much easier.

Translation for Kids

Just as a pilot controls an airplane, you control the achievement of your goals. You must take the responsibility to perform the necessary steps to be successful. You must try to do your best in martial arts class, to kick strong and punch quickly. You must study and do your homework to achieve good grades in school. YOU are the pilot, and you are in charge of becoming the best Black Belt and person you're able to be.

Class Discussion for Kids

1. When did you take control to reach a goal?
2. Why is it important to remember that you are responsible for achieving your goals?