

Adversity

Week 1

"Obstacles can't stop you. Problems can't stop you. Most of all other people can't stop you. Only you can stop you."

Jeffrey Gitomer

Author and speaker on selling and customer service

Translation for Adults

You can overcome any obstacle to your goals. Everyone in this class has faced obstacles: Being motivated to attend your first class or having the courage to pass your belt test. You experience challenges every day. Your attitude is the only real barrier to your success. You are either your worst enemy or your best friend. When faced with challenges, remember that you have the potential to achieve greatness. After all, you have experienced success before—and it was a great feeling!

Translation for Kids

If you have a Black Belt attitude, then you're able to face any challenge. Think about some challenges you have overcome: An excellent score on a difficult test at school or learning all of a new form for your belt. Your attitude is your real challenge; only it will ever stop you from breaking through obstacles. You can accomplish anything with hard work and determination, two important qualities to earn your Black Belt.

Class Discussion for Kids

1. What are two challenges you have overcome?
2. How did your Black Belt attitude help you to overcome those challenges?

Week 2

"Adversity causes some men to break, others to break records."

William A. Ward

American college administrator

Translation for Adults

People either succumb to adversity or rise above it. Those with the determination and dedication to rise above life's daily challenges are consistently more successful. Lance Armstrong is a perfect example. He overcame cancer and became the world's greatest cyclist by winning the Tour de France seven consecutive years. He is an inspirational example of someone who rose above adversity and broke records. Develop your skills and attitude, so you're able to rise above life's challenges and break some records for yourself.

Translation for Kids

When faced with challenges, you can either be a quitter or a hard worker, even when the challenges are difficult. Think like a Black Belt! Be inspired by the story of Lance Armstrong. He overcame the challenge of cancer to become the world's greatest cyclist and the winner of the Tour de France seven straight times. He is an incredible example of a person who rose above adversity and broke world records. Follow his example. When faced with obstacles be determined and dedicated to rise above them and break some records too!

Class Discussion for Kids

1. Who is another example of someone who rose above adversity?
2. How can you follow his or her example?

WORDS OF THE WEEK

MOTIVATIONAL LESSONS FOR CHILDREN AND ADULTS

Week 3

"No pressure, no diamonds."

Mary Case

Translation for Adults

Diamonds are one of the most beautiful jewels and are formed by immense pressure deep in the ground for many years. That pressure is a symbol for the adversity in your life; and as pressure is necessary to create exquisite diamonds, so adversity is necessary to create your greatness. You have many opportunities to use the pressure of adversity to create a great life and a great Black Belt attitude. Those accomplishments may sparkle like diamonds, but they are so much more valuable.

Translation for Kids

Diamonds are one of the most valuable jewels. Diamonds are amazing because they are actually small bits of black, dirty coal. After many, many years under the ground and great amounts of pressure, the coal becomes diamonds. The pressure that forms diamonds is very similar to the adversity you face every day. Adversity will actually help you create a great life, a great school record and a great Black Belt attitude. Those accomplishments are like diamonds, but they are so much more valuable. *[Note: Show your students a piece of coal and a diamond in a ring to emphasize this lesson.]*

Class Discussion for Kids

1. What is an example of adversity that you have faced?
2. How did that adversity, like the pressure on diamonds, help you become great?

Week 4

"If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome."

Anne Bradstreet

a 17th century American poet

Translation for Adults

The old saying is always true: "You don't know how great you have it, until you lose it." Adversity is a reminder to treasure a long life, a wonderful family, your many abilities and the opportunities to accomplish much in your life, which are easy to forget. Suddenly, adversity will challenge you again and actually make you focus on all the positives in your life. You should be always appreciative of your life and not just when adversity reminds you. During the next week reflect on all the wonders and opportunities in your life. Not only will you be more fulfilled, but also you will be prepared to overcome future obstacles.

Translation for Kids

It's easy to understand why you forget how wonderful your life is. Just think for a second about what makes it so wonderful. You come to karate class every week. You have cool games and toys, bikes and so much more. You spend great times with your family. All too often, you forget how great a life you have until you're faced with adversity again. That is when adversity is a benefit because challenges make you remember all the good things in your life. It's important, however, to appreciate those things all the time. When you really appreciate your wonderful life, you will face future adversity much easier.

Class Discussion for Kids

1. When did adversity force you to appreciate the greatness in your life?
2. List five things for which you are truly thankful.