

---

# CHARACTER DEVELOPMENT REPORT

---

IMPROVE RETENTION AND ADD VALUE TO YOUR PROGRAM

## Excellence

### Week 1

*"I am careful not to confuse excellence with perfection. Excellence, I can reach for; perfection is God's business."*

Michael J. Fox, TV and film actor

#### Translation for Adults

Many adults think they must be perfect to earn the respect of family members, friends and co-workers. Not only does this cause unnecessary stress, but also it's impossible. Instead, aim for excellence, not perfection. You are more likely to achieve your goals if they are realistic. Personal and professional excellence is achievable when you work hard and perform to the best of your abilities. If you put forth your best effort everyday, even if it is not perfect, then you can achieve excellence.

#### Translation for Kids

Have you ever been upset at yourself when you gave the wrong answer in school? How about a sloppy move during your martial arts class? Did you ever make a mistake in front of your parents? You don't need to be perfect to be a good student, martial artist, son, daughter or friend. It is natural to make mistakes. Mistakes help you learn how to make good decisions. Set realistic goals and work hard, and you'll have the best opportunity to achieve your goals. You'll be the best you can be, and that is excellence. Striving for excellence is not about limiting yourself; it means trying your best every day.

#### Class Discussion for Kids

1. Tell us when you tried to be perfect? Did you make mistakes?
2. What must you do every day to achieve excellence?

### Week 2

*"The ancient Greek definition of happiness was the full use of your powers along lines of excellence."*

John F. Kennedy, 35<sup>th</sup> President of the United States

#### Translation for Adults

Studies have revealed again and again that most adults are stuck in jobs they do not enjoy and provide little or no satisfaction. You are more likely to excel at tasks and occupations that you enjoy doing. Maybe you are unhappy with your job because you feel it is below you or that you should hold a more authoritative position. The path to happiness (your goal) is to work hard to earn that position. If you use your skills to aim for excellence, then you are more likely to reach your full potential.

#### Translation for Kids

If you enjoy your math lesson at school, then you are probably a very good math student. If you're excited about every martial arts class, listen to your instructor and practice at home, then you are probably a very good martial arts student. If you don't enjoy an activity, then it is difficult to do it well. When you're confronted by challenge that you would rather not face, you must develop the skills and set your goals to achieve excellence. You may discover that you enjoy an activity you never thought you would. You'll have to work hard, but your reward is the great feeling of excellence.

#### Class Discussion for Kids

1. What do you enjoy doing more: things you do well or things you do poorly?
2. How can practicing help you enjoy it more?

---

# CHARACTER DEVELOPMENT REPORT

---

IMPROVE RETENTION AND ADD VALUE TO YOUR PROGRAM

## Week 3

*"Excellence is to do a common thing in an uncommon way."*

Booker T. Washington, African-American educator

### Translation for Adults

Doing only what others ask you to do is taking the path of least resistance, and that leads to complacency and mediocrity. If your goal in life is to just "get by," then you will never accomplish or experience excellence. Excellence means doing more than is required by others; it's setting goals beyond the norm because you expect more from you. If you want to distinguish yourself, you must direct all your energies at your goals. Only then will you be recognized for your achievements. Keep your goal in mind, so that you never become complacent, and always challenge yourself to do more.

### Translation for Kids

You can earn a passing grade in school or your Black Belt with a minimum of effort, but you'll never achieve excellence until you try to do your very best. Excellence means doing more than others expect you to do. Set tougher goals for yourself. When you achieve them you'll feel really great. When you want to achieve Black Belt excellence you must attend extra classes, practice on your own, ask your instructor for help when you need it and challenge yourself to try new moves. The only way you can achieve excellence is with your best effort and doing more than is required.

### Class Discussion for Kids

1. How can only doing what is required keep you from reaching excellence?
2. What is one way you can do more in school, at home or in martial arts?

## Week 4

*"Excellence is the gradual result of always striving to do better."*

Pat Riley, coach of the NBA's Miami Heat

### Translation for Adults

No one can achieve excellence without plenty of hard work and dedication. Excellence doesn't just happen overnight. Excellence isn't measured by how well you accomplish an activity or task, but rather how much did you improve today compared to yesterday. Striving to improve a little bit each day may seem like you are not progressing, but the gradual accumulation of small improvements will lead to excellence. If you challenge yourself everyday to perform better than yesterday, then excellence is within your reach.

### Translation for Kids

Do you think it's possible to be a White Belt today and become a Black Belt tomorrow? That's impossible because earning a Black Belt requires years of training and practice. Achieving any kind of excellence in life means you must work hard. You can't expect to do a new martial arts move correctly the first time your instructor shows it to your class. You can do that new move with excellence if you improve a little bit every day. Sometimes, you may not think you are progressing, but those little bits of improvement every day will soon lead to excellence.

### Class Discussion for Kids

1. What can do every day to advance toward Black Belt excellence?
2. What is another activity or goal in your life that you are striving for excellence? How can you achieve your goal?