

Change

Week 1

"If you don't like something, change it. If you can't change it, change your attitude. Don't complain."

Maya Angelou, American writer, actress, lecturer, playwright and civil-rights activist

Translation for Adults

The circumstances that affect your life are not always favorable. Often, those circumstances can be improved once you change your view of them. A positive Black Belt attitude may make even the worse situation look hopeful. During the next week, take a few minutes to check your attitude of a specific situation in your life. Instead of being disappointed or upset and just complaining about it, change your attitude to change the situation.

Translation for Kids

You may have been disappointed when the grade on a test or a report card was lower than you expected. How did you react to the lower grade or any disappointment or unexpected change in your life? You might blame the teacher, or learn to have a positive attitude, which will help you change your study habits to earn a better grade the next time. Part of being a great Black Belt is having a great Black Belt attitude. How would your instructor act in that situation? Do you think a Black Belt would become upset or have a great attitude? When life is disappointing, take a few minutes to think about how you might change it, instead of complaining and becoming discouraged.

Discussion for Kids

1. Were you ever disappointed about changes in your life, and changed your attitude instead of becoming upset?
2. Name two ways to change your attitude to change your situation

Week 2

"You must be the change you wish to see in the world."

Mohandas K. Gandhi, the Mahatma, or Great Soul, and father of the nation of India

Translation for Adults

You are constantly influencing the people in your life—at work, home, even here in class—but most of the time you do not realize it. If you want to influence actively the behavior of people in your life (for example, have a positive attitude or be willing to help one another), then you must be the first person to change, as you expect change in others. You must have the qualities that you want others to emulate.

Translation for Kids

How you act is also the way the people in your life will act. How would you expect others to act if you're always mean and nasty to them? How would you expect others to act if you're nice and willing to help others? It is important that you behave the way you want your friends to behave. Make sure you behave that way at home, at school, in martial arts class and all the time.

Discussion for Kids

1. What are some qualities that you would like your friends to have?
2. How will you act to help your friends have those qualities?

WORDS OF THE WEEK

MOTIVATIONAL LESSONS FOR CHILDREN AND ADULTS

Week 3

"Education is the most powerful weapon which you can use to change the world."

Nelson Mandela, Former president of South Africa, political activist and winner of the Nobel Peace Prize

Translation for Adults

As you mature, it is important to educate yourself continuously. Education increases your knowledge of the world and helps you develop a flexible world perspective. Education, and the knowledge it provides, empowers you to improve the world and help yourself and others grow. Remember, learning is a life-long commitment, and knowledge defines our humanness. Education is the process that prepares you to change yourself and your part of the world.

Translation for Kids

Sometimes a change in your life is scary. You might start a new martial arts class with higher belts, change schools or move into a new neighborhood. Those scary changes are always opportunities to learn something important. Starting a new martial arts class is a step forward in your education of the martial arts. It's a great opportunity to learn more advanced kicks and work with higher belts. As you learn more, you will be better prepared to face change. Now that changes are no longer scary, you're able to help yourself and others to grow and do their best.

Discussion for Kids

1. When were you ever afraid of change?
2. How would you face change and make it a learning experience?

Week 4

"No person is your friend who demands your silence, or denies your right to grow."

Alice Walker, African-American author of *The Color Purple* and many other works

Translation for Adults

Take a minute to think about the people in your life. How often do they dismiss your plans or future ambitions as impossible dreams, or tell you that they will never happen? Clearly, you don't want to surround yourself with those types of people. Instead, surround yourself with positive people whose encouragement, influence and motivation will help you to be successful and reach your full potential.

Translation for Kids

Would you want someone to be your friend if he or she always tells you that your ideas are no good or your dreams will never come true? Do you have any friends that act like that? Do you ever treat other people that way? Make sure you have a positive attitude and the people in your life have a positive Black Belt attitude. The best friends are those who encourage you and help you grow.

Discussion for Kids

1. Has a friend ever discouraged your ideas or dreams?
2. Have you ever treated a friend that way?