

Thought in Action:

Gratitude

Welcome to Thought in Action

The Thought in Action program is designed to help you better understand how to make the lessons that you learn at The White Oak Leadership Institute part of your everyday life. The more you practice and develop the leadership traits, the better a martial artist and person you will be. Remember that the path of the Martial Arts is one of Self Mastery. Work to find harmony within yourself and in everything that you do.

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Be a Black Belt Leader

Task 4: Letters of Gratitude

Lesson 4: The Power of Feeling and Expressing Gratitude

Bring Your Practices into Your Daily Life

Gratitude means to be thankful or grateful for the good things that you have in your life. If you think about it you will find that you have a lot of really wonderful things in your life right now.

Have you ever been sad about anything? When that happens, you may wish to try something called “Counting Your Blessings.” Draw a picture of, or make a list of every good thing in your life that you can think of. If you do this, I guarantee that you will not stay sad for long!

There are so many things to be grateful for! What are the good things that you have? When you think about it you will realize that many of the great things that you have, come from the nice things that people do for you. Can you do good things for other people as well to show that you are grateful?

The Yin and Yang of Gratitude

Sometimes you will find that you will do something kind for someone else and you will feel that they are not grateful. The first thing to do is make sure that you never do that yourself. The second thing to do is to try to understand why the person acted the way that they did.

If someone is just being mean and selfish, don't worry about it. Continue to be nice to them as you normally would, but do not let them take advantage of your kindness. They will try to. However, if you continue to be kind, they will or will not catch on. But you have done your part. (Remember, sometimes kindness is saying no when somebody wants you to do something you think you can't or shouldn't do.)

Gratitude is the key to happiness. When you always remember the great things that you have in your life, you cannot help but to be grateful for them. Then you will be happy because you will see how truly blessed you are.

Task 4: Letters of Gratitude

Lesson 4: The Power of Feeling and Expressing Gratitude

Task: Letters of Gratitude

Your Task for this testing cycle is to write three different letters expressing your gratitude to somebody important in your life. These people could be your parents, grandparents, teachers, coaches– anybody that you feel has been important to you.

In your letter thank them for something specific they have done for you like, “Thanks for helping me learn to read,” or “Thank you for loving me as much as you do.” Write three separate letters to three separate people. Make sure that the person gets the letter that you have written.

I have written and sent these letters.

Letter #1 to _____

Letter #2 to _____

Letter #3 to _____

Signed by student _____

Signed by parent _____

Goals : Targets

My Target Date For My Next Belt is
_____ month _____ year.

My Black Belt Target Date is
_____ month _____ year.

Now it is time for you to set a goal for yourself outside of the martial arts class. As the topic of this rank is Gratitude, set a goal for how you can show more gratitude everywhere. How can you do this through words and actions?

My Goal to show more gratitude is to

Dear Parents and Teachers,

It is our main objective to develop Black Belt Leaders at home, at school, and in the community. We would appreciate your feedback, and deeply value your opinions as success coaches at home and /or at school.

Students

Name: _____

Teachers:

- 1) How well do you feel this student has displayed gratitude for the good things that you see happen in his/her life? Excellent Good Average Poor
- 2) Please rate this students effort towards his/her expressing gratitude.
Excellent Good Average Poor

Comments: _____

Parents:

- 1) Do you feel that your son/daughter has shown improvement in the ability to understand and display gratitude? Yes No

Comments: _____

Checklist for Belt Promotion

- 1) Have you completed your Task (Letters of Gratitude)
- 2) Have you worked towards seeing and showing gratitude everywhere? (Target Goal)
- 3) Do you have, or are you close to having 4 Blue Tips on your belt (16 classes)?
- 4) Have you signed up for the Belt Ceremony?
- 5) Have you paid your Graduation Fee(s)?
- 6) Have you brought a friend to class, or recommended someone during this testing cycle?

When your checklist is complete, please present everything to Shifu Petrush or Master Croley to earn your gold tip for your belt.

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