

Thought in Action:

SELF ESTEEM

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 11: 10 Ways to Believe in Yourself

Lesson 11: The Cycle of Esteem

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Bring Your Practices into Your Daily Life

Self esteem is your ability to believe in yourself. Somebody with high self esteem believes in themselves quite a bit. This means that the person believes that they have the ability to get the things done that they need or want to do. Often times the difference between somebody who is successful at getting things done and somebody who is not is simply how much they believe in themselves– their level of self esteem.

This is not to say that just because you think you can do something you will get it perfect. It does mean that if you think you can do something you are much more likely to get it right first off because you have actually tried to do it. If you think you will fail and never even give something a shot then you are guaranteed to fail. On the other hand if you think you can do something and try it you at least have a chance to succeed. But when you try something new you also have to do your best and allow yourself to make mistakes. Nothing worth doing is easy to do– so anything that will lead to your real growth will take time and effort to get right.

The Yin and Yang of Self Esteem

Remember that the key to success is to put forth your best effort, with a good attitude, for a long enough time. The only way to fail at anything is go give up and quit. When you quit you cannot succeed because you aren't doing anything! Allow yourself to make mistakes– you will learn more from them than your successes anyway.

If you mess things up do it full blast. Never let your lack of effort be the reason that something didn't work. Believe that you can and you can, believe that you can't and you can't. So how do you want your life to shape up? As a person who is able to try to get the things that you want, or as a person who is afraid to live the life that you actually want for yourself?

A Black Belt Leader will always be willing to put their best foot forward to achieve the things in life that they want. You can too– all you have to do is make up your mind that you are going to be a person with high self esteem and get to work!

Task 11: 10 Ways to Believe in Yourself

Lesson 11: The Cycle of Esteem

Task 11: Believe in Yourself

Your task for this testing cycle is to write down ten reasons that you can and should believe in yourself therefore giving you ten good reasons to have high self esteem.

When you finish, show this list to your instructor for your gold tip!

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Lesson 11: The Cycle of Esteem

Goal 11: Self Esteem in Action

My Target Date For My Next Belt Is

_____ month _____ year.

My Black Belt Target Date Is

_____ month _____ year.

Now it is time to set a goal for yourself outside of the Martial Arts Class. As the topic of this rank is Self Esteem, set a goal to display high self esteem in and out of class. So how do you display high self esteem? What if you do your absolute best at everything you do this cycle. It doesn't matter if you like what you are doing or not– what effect does doing your best have on everything? Write down something that you did your best at and how your performance improved because of your new higher effort.

My Goal is to be Honest with _____

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 seems to be honest to him/her self and others? Excellent Good Average Poor
- 2) Please rate this students effort to develop higher self esteem
Excellent Good Average Poor

Coments: _____

Parents:

- 1) Do you feel that your son/daughter has shown improvement in attempting to his or her best? Yes No

Coments: _____

Checklist for Belt Promotion

- 1) Have you completed your Task (Believing in yourself)
- 2) Have you improved your level of Self Esteem 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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