



# VALUE WORKSHEET #2

## Black belt Attitude



**Having a good ATTITUDE is feeling good about yourself and what you are doing.**

\_\_\_\_\_ List at least three things that you think you have to do to always have a Black Belt Attitude.

1.

2.

3.

\_\_\_\_\_ You can always make sure to have a good attitude by “Thinking Before You Act.” Think before you act today, and tell your parents what you thought about.

\_\_\_\_\_ Ask your parents to do a chore that is not your favorite.

\_\_\_\_\_ Do your chores the first time your parents ask you.

\_\_\_\_\_ Help your teacher in class today. (Help clean the classroom, etc.)

\_\_\_\_\_ Help your instructor in class today. (Ask to put the pads away, etc.)

\_\_\_\_\_ Invite a friend to Taekwondo with you.