



VALUE WORKSHEET #25

Commitment



A COMMITMENT is like a promise, if you say you are going to do something, you need to follow through with that commitment. Others can count on you if you always follow with your commitments!

_____ Once you commit yourself to start something, stay with it and greatness will come! Commit yourself to a goal at Taekwondo, and stick with it! Write it down.

1.

_____ Ask your parents to give you a chore or a behavior that you must commit to. Make sure you follow through with it and not let your parents down! Write it down.

1.

_____ Commit yourself to a goal that you have had for a while. Figure out the steps and go for it! Don't give up – even when it gets hard! This could be anything from filling up your piggy bank to getting straight A's on your report card. Write down the goal and the steps.

1. (Goal)

2. (Steps)

“A journey of a thousand miles begins with the first step. The journey cannot begin until the destination is chosen.”