



# DEDICATION



December's theme for ATA Tigers is *Dedication*. All of the attributes of a strong-willed Tiger are the same attributes of a successful adult: Vision, determination, dedication and achievement of what they want. Don't let anything stand in the way of achieving your goals. The first thing to accept is that things do not always work out right the first time. Tigers who are dedicated to a goal like earning a Black Belt or getting good grades in school are less likely to become frustrated when faced with obstacles.

## Weekly Lessons

### Vision

Tigers have great imaginations. When they can imagine themselves as a Black Belt or picture in their minds getting what they want, it is easier to become dedicated to its achievement. List two Visions you have for yourself:

1

2

### Determination

A determined Tiger has persistence. A Tiger's determination is their will and drives them to get what they want. They do not give up easily. List two ways you showed determination:

1

2

### Achievement

Tigers need to recognize the small accomplishments they make along the way to their bigger goals. This will help them to feel good about the hard work they are doing. List two achievements that you had in December:

1

2

### Dedication

For the month of December, list two ways that you showed Dedication:

1

2