

DEDICATION

December's theme for ATA Martial Arts Kids is *Dedication*.

Dedication means to devote your time, effort and energy to something that is worthwhile to you. Let nothing stand in the way of achieving your goals. Someone who is dedicated to a goal like earning a Black Belt or getting good grades in school is less likely to become frustrated when faced with obstacles.

Weekly Lessons

Vision

A mental image of your goal. Once you have visualized your goal, it is easier to become dedicated to its achievement. List two Visions you have for yourself:

1

2

Determination

Your will and drive to overcome any obstacle that stands in the way of achieving your goals. List two ways you showed determination in December:

1

2

Achievement

Through proper visualization, dedication, and determination, your achievement will be the successful accomplishment of your goal. List two achievements that you realized in December:

1

2

Dedication

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

1

2