



## Life Skills/Homework Sheet

# Integrity

**“Doing what is right, even when no one is watching.”**

Sometimes, we have to choose doing the right thing over the easy thing or the fun thing. Learning to make good choices and follow through with our promises is a big part of developing into a good person. Having integrity means that you treat others fairly and honestly, you finish what you start and you do what you think is right—even if other people are doing something wrong. It can be as simple as practicing your taekwondo at home when you said you would, or returning something that you found to the person it belongs to. Having integrity is not always easy but at the end of the day you will feel better about yourself for staying true to yourself.

**How are you showing Integrity in your life?**

**List 10 times that you have shown integrity.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



## Intent to Promote

Dear Parents and Teachers,

Our main objective at ATAFMA is to develop well rounded students, not only at our school, but also in life. That's why our school teaches the principles of Black Belt Excellence. Not only do students become Black Belts in martial arts, but also strive to become academic Black Belts and other areas of their lives.

In order to monitor our student's progress towards these goals, we respectfully request that you complete the following:

<b>School Teacher</b>	The student is doing satisfactory work and receiving passing grades	
	_____	<b>Agree</b>
	Teacher's Signature	(Circle One)
	_____	<b>Disagree</b>
	Date	

<b>Parents</b>	My son or daughter has been behaving in a respectful manner and is cooperative at home.	
	_____	<b>Agree</b>
	Parent's Signature	(Circle One)
	_____	<b>Disagree</b>
	Date	

If one of our students does not meet these standards, we will hold their testing until there has been satisfactory improvement. If you have any other direct feedback beyond the scope of this form, please feel free to contact us.

**Student Name:** \_\_\_\_\_

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