



Life Skills/Homework Sheet

Honesty

“To Be Truthful in Our Words and Actions”

Everyone knows that being honest means that we don't tell a lie. But there is more to honesty than just telling lies. True honesty means that we act with integrity. If we are doing something that is morally wrong or something we have to hide than we are not being honest. If we have to make up a story to cover up our actions or make excuses to make our behavior look less serious than it is, than we are not being honest.

Honesty is an easy concept to give a definition for but it is a harder concept to live. There are so many pitfalls and being an honest person is something that we must practice on a daily basis throughout our lives. It is especially difficult for younger people, who have to learn how to apply honesty despite peer pressure and making judgement mistakes. But learning how to take responsibility for yourself and your actions is a crucial to growing up and honesty plays a big part in that process.

Some examples of Honesty in our everyday lives are:

- Not making up rumors about someone that you know aren't true or repeating rumors that others have made up.
- Admitting your actions when you've done something wrong.
- You are not being honest with yourself if you are trying to convince yourself you didn't really do something wrong, or it wasn't that bad, even though you really did it.
- Not breaking the rules to gain an advantage (cheating)
- Not taking something that doesn't belong to you.

Tell us about 5 different times that you have had to apply these concepts of honesty in your life this cycle.

1. _____
2. _____
3. _____
4. _____
5. _____



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:

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

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