



Student Name



Stripe 4: Homework Sheet

SELF ESTEEM

"The joy of being myself! "

Self-esteem is the joy of being who we are. It describes how we see and value ourselves. When we feel good about ourselves- independent of the circumstances that surround us- we show self-esteem. We can build our self-esteem by making a choice to see everything in our lives positively. This way, in time, we develop a positive attitude towards life.

People with high self esteem believe in themselves, and feel appreciated by others. The lack of self-esteem makes people insecure. If we accept ourselves the way we are, and see our true beauty without criticizing ourselves, we become strong, and feel like we can do anything!

We must always remember that we are unique. There is no one else quite like us in the entire universe. We must keep this in mind when we talk about the 3 levels of self-esteem- what we see, what we say, and what we do.

Working through the Principles of Self- Esteem

To earn your red stripe, please fill out the questions below, and return your sheet to the front desk.

What We See- Seeing everything in the world in a positive way motivates us. Below, write a positive statement about what you see in the world. (Example: I believe my state is beautiful).

What we Say- To have and keep high self esteem, we must choose our words carefully. Below, write three things about yourself that you value. (Example: I am strong. I am kind.)

What we do- To have high self-esteem, we must always take steps to improve ourselves. Below, write something new that you have learned to do this year. (Example- I learned to ride a bike.)

Life Habits - Generosity

In leadership class, our students talk about the 8 pillars of Self Esteem- one of which is generosity. By being generous- giving our our time, money, or talent without expecting anything in return, we gain a feeling of importance and self worth. As the final step to earning your red stripe, check off a box overtime you do something generous this cycle. For younger students, this can include donating a toy to charity, helping a younger student with their homework, or so much more!

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Intent to Promote

Dear Parents and Teachers,

Our main objective at “Thrive Martial Arts” 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 eventually corporate black belts or black belt employees. We use the term “black belt” as a metaphor for personal excellence.

In order to monitor our students’ progress toward these goals, we respectfully request you complete the following:

School Teacher	The student is doing satisfactory work, and receiving passing grades.	
	_____	Agree
	Teacher’s signature	(Circle one)
	_____	Disagree
	Date	

My son or daughter has been behaving in a respectful manner and is cooperative at home.		Parents
Agree	_____	
(Circle one)	Parent’s signature	
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 call us at the number below.

Feel free to look over this sheet to see all the hard work this student is doing and to encourage them in the Life Skills and Life Habits we are talking about with them in class. Thank you for your help!

Sincerely, The Thrive Leadership Team

Broomfield	Mr. Joey Overby	720-634-5425
Windsor	Mr. Kenny Overby	970-674-0321
Ft. Collins	Mr. Andrew Beck	970 282-3737