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## Stripe 4: Homework Sheet

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# HONESTY

**“The first step towards an abundant life!”**

Honesty is being truthful with everyone in our life- including ourselves. Sometimes it is difficult to tell our parents or teachers when we make a mistake, but being dishonest never makes a situation better- it always makes it worse! Although it can sometimes be difficult, telling the truth allows us to continue to move forward in our lives.

At home, it is important to be honest with our family so they can trust us. As students grow older, they hope for more freedom. When our parents know we are honest, and they can believe what we say, it makes it easier for them to allow us to branch out and try new things.

At school, honesty is important so that our teachers know they can believe what we say. Much like the story of the boy who cried wolf, if we gain a reputation for bending the truth, or lying, people may not believe us when it really matters!

Lastly, it is important to be honest with ourselves. Did you really give your all during that last drill? Are you giving your best, or making excuses? Being honest with ourselves allows us to reach our potential in whatever we are working for!

### Working through the Pillars of Honesty

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

**Accountability-** The first step to being honest is owning your actions. Below write down one way you are accountable for yourself. (Ex: Putting my own sparring bag in the car).

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**Integrity-** Integrity is doing the right thing even when no one is watching. Below, write down one moral or value you never compromise on. (Ex: I am always honest when it comes to chores).

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**Courage-** Courage is the ability to face your fears. Below, write one thing you are scared about that you are committed to facing this holiday season. (Ex: I am scared of the dark, but I am committed to going into the basement to get my laundry when it is done).

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# Life Habits - Accountability

In leadership class, our students talk about the 6 pillars of Honesty- one of which is Accountability. During the holiday season, it is so easy to let our positive habits slip. A disciplined person finds a way to continue exercising, eating healthy, and telling the truth, even when there are many excuses not to. Below, check off a box for each day that you exercise during December outside of class. Remember- be honest with yourself! If you prioritize health, you can find the time to be healthy all year round!

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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:

<b>School Teacher</b>	The student is doing satisfactory work, and is a positive part of my classroom.	
	_____	<b>Agree</b>
	Teacher’s signature	(Circle one)
_____	<b>Disagree</b>	
	Date	

	My son or daughter has been behaving in a respectful manner and is cooperative at home.	<b>Parents</b>
<b>Agree</b>	_____	
(Circle one)	Parent’s signature	
<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 call me at the number below. Thank you for your help!

Sincerely,

Master Kenny Overby

970-674-0321

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