

Commitment

Goal Setting, Perseverance, and 100% Effort

November

This month our weekly lessons will cover:

Dear Parents and/or Guardians,

This month, our weekly lessons cover the subject of commitment, including what it is and why we sometimes tend to have trouble finishing our commitments. We will also discuss goal setting, perseverance, and giving 100% effort..

How Can You Help?

Children need to learn what a commitment is and all it entails. Joining a sports team, taking martial arts, getting the best grades that they can get, or just promising to take out the garbage each week is a commitment. Sometimes the commitment lasts a few weeks, months, or maybe even years, but regardless of how long the commitment lasts, children need to learn to stick with any commitment they make.

Adults can help children keep their commitments by keeping the children motivated, giving them support when needed, and by doing the most important thing — living up to their own commitments and being a good role model.

Sometimes it's hard to keep a commitment. This can sometimes be difficult, parents or guardians need to help children understand what it means to get involved and the promises that they are making to stay involved.

What about wanting a pet? Many children — if not all — ask their parents for a pet at some point in time. Without trying to make it negative, parents need to explain just how much work it is to take care of a pet and detail the child's responsibilities and commitments, in regards to the pet. In turn, the child then has to make a commitment that he or she will live up to his or her end of the bargain.

If your child wants to take martial arts classes, he or she needs to commit to coming to class. As the adult, you need to make the commitment to bringing your child to class.

Remember, commitment is an act — one that we should all learn to take seriously.

Week One: Commitment

When was the last time you said you were going to do something AND did it?

Week Two: Commitment

What is a commitment you've been holding off on? (i.e. Better grades, exercise, getting chores done)

Week Three: Goal Setting

What is a goal?

Can people count on you to complete a task/goal?

Do you have enough patience to reach a goal?

Week Four: Perseverance

What motivates you to keep going when things are difficult?

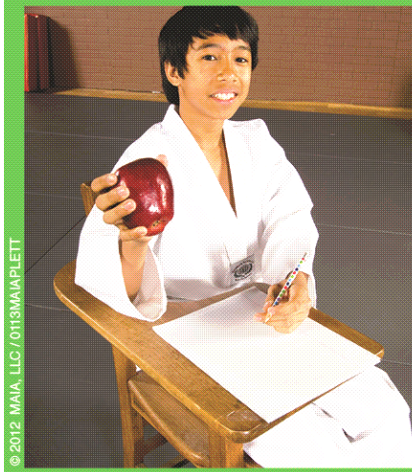
Have you felt like quitting before?

Can we encourage others to keep trying?

Kickmas Sale: Nov. 14th-18th
HUGE Week long Holiday Sale
Perfect time to get your Holiday Shopping done early!



Happy
Kick-mas



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