



# Words of EXCELLENCE

Student's Name (First and Last)

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Belt Rank

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**DUE DATE**

**JANUARY 2021**

Remember these sheets  
are your responsibility,  
not your parents.

## Yuen's Family Martial Arts Centre

# COURAGE

*Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying "I will try again tomorrow"*

### What Is COURAGE?

Courage is your own ability to overcome your fears. It lets you move past the anxiety or nervousness that you feel and it allows you to do great things. People that are courageous are the ones you see daring to try something new. Everyone has fears, but your potential to manifest courage is the deciding factor in the paths you choose to walk.

Visualize courage as light inside you, and fear as darkness. Courage is not the absence of darkness. Courage is the light that shines through it. Let your light shine.

### Activity: Identifying Courage

#### Circle the courageous action

- Fighting **OR** walking away from a fight
- Blaming others for your mistakes **OR** accepting responsibility
- Quitting when things get tough **OR** working hard, even when it's difficult
- Seeing someone be mistreated and walking away
- **OR** standing up for someone who is being bullied
- Ignoring a new student **OR** making friends with a new student

### Activity: Using Courage in Life

What is a challenge you are facing in your life right now?

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How can courage help you take action to overcome this problem?

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