

Second Degree Candidate Essay Prompt (High School Aged)

There are three quotes below, each addressing an ideal for behavior and success. For each of the quotes below write a 1-2 page essay that, at minimum, addresses the following:

- Briefly explain what you think the author is saying and define the quote in your own words. There may be multiple interpretations or applications that you can discuss. There are hints below but you do not have to be limited to those if you see a different meaning nor do you have to include all of those if you do not agree with the hints. If you choose to include those hints they should be well explained as to how they fit these quotes.
 - How does this apply to the way you live your life and conduct yourself today in your home/ personal life, in your academic life, and in your Taekwondo endeavors?
 - What changes to your current behavior, attitude, and/or processes can you make to achieve these ideals in the future?
 - If you make the changes you discuss how do you see this impacting your levels of success and happiness through the rest of high school, the first five years after high school (college, military, or whatever else you may be considering immediately after graduating high school), and further into your future (career, family, etc.)
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1. “You cannot escape the responsibility of tomorrow by evading it today” – Abraham Lincoln (Theme hints: accepting responsibility for your actions and procrastination.)
 2. “I don’t embrace excuses, I embrace solutions” – John Taffer (Theme hints: Accepting responsibility, perseverance, fighting through obstacles.)
 3. “We are what we repeatedly do. Excellence, then, is not an act, but a habit.” -- Aristotle (Theme hints: Forming habits, your choices and actions today affect your future success.)