

## Second Degree Candidate Essay Prompt (Adult)

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.
- How does this apply to the way you live your life and conduct yourself today in your home/ personal life, in your work life, and in your Taekwondo endeavors? (Try to apply each quote to all three areas but if it is not applicable you do not need to force a connection.)
- 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 in the next year, next five years, and next 10 years.

1. "I don't embrace excuses, I embrace solutions" – John Taffer
2. "We are what we repeatedly do. Excellence, then, is not an act, but a habit." -- Aristotle
3. "The Only Person You Should Compare Yourself to is The Person that You Were Yesterday." – Amy Morin