

NAME: _____

POWER WORDS FOR LIFE

Blue Belt: ATTITUDE

Definition ATTITUDE:

List 3 ways that you have shown a positive or good attitude when something is tough. (Example: When I had a hard time breaking my board I kept b believing that if I focused and worked harder I could break it I did not let my mind go to a negative place and eventually I broke it.)

1.

2.

3.

List 3 ways that you have witnessed a positive or good attitude from certain people in a tough situation and how it affects their situation. (Example: Even when my grandmother was very old and could barely walk she always loved life and was happy. Being around her made people love life and be happy too!)

1.

2.

3.

Explain why your ATTITUDE affects your life.