



MY BEST LIST

Kenaki Karate Association, LLC

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NAME _____

I am developing Self-Discipline in order to bring out the best in myself and others. Check off each day and return to the office before the Belt Ceremony. Spaces are provided for you to add your own tasks.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CLEAN MY ROOM							
I MADE MY BED							
I PUT MY DIRTY CLOTHES IN THE LAUNDRY							
I PUT MY CLEAN CLOTHES AWAY							
I PUT MY PERSONAL BELONGINGS AWAY							
I VACUUMED AND DUSTED MY ROOM							
SELF CARE							
I BRUSHED MY TEETH AM AND PM							
I PUT AWAY MY TOOTHBRUSH/PASTE							
I WIPED THE WATER OFF THE SINK							
I TOOK MY BATH/SHOWER (HUNG UP TOWEL)							
I PICKED UP MY CLOTHES IMMEDIATELY							
I LAID OUT MY SCHOOL CLOTHES IN THE PM							
I DEVELOPED MYSELF IN A POSITIVE MANNER							
SCHOOL							
I COMPLETED MY HOMEWORK							
I TOOK PRIDE AND GAVE MY BEST EFFORT							
I PREPARED THE THINGS I NEEDED IN THE PM							
I CONCENTRATED AND SHOWED RESPECT							
FAMILY							
I TREATED MY FAMILY WITH LOVE & RESPECT							

Parents and Teachers,

Please grade this child fairly, but truthfully and honestly. Without your truthfulness, we can not and will not know what to work on in order to guide your child toward self-discipline. Spaces are provided for you to add your own tasks.

Thank You,

Dr. Shihan White, PhD/D.Ma.Sc. Certified Master Instructor

Train your child in the way they should go and when they are old, they will not depart from it... Proverbs 22:6