

# Black Belt EXCELLENCE

## RED DRAGON'S S.T.A.R.S. Report



### WEEK 1: USING OUR FOCUS & CONFIDENCE FOR SUCCESS

Athletes have long recognized a relationship between confidence and performance. Sometimes it appears that only the greatest athletes have access to that magical confidence, while all other inferior beings can only wish for it. Fortunately, this is wrong! **Everyone can increase their level of confidence and perform better.**

Although confidence is difficult to define, it is usually described as thoughts, feelings and actions reflecting self-belief and expectations of success.

**Thoughts**—Confident people entertain a rich variety of successful thoughts. The notion of failure simply never occurs in their thoughts.

**Feelings**—Confident people believe deeply in their abilities, love challenges, and feel strongly that they will prevail.

**Actions**—Confident people expect success and show it in their body language.

**WEEK 2: What comes first? Confidence or Success?**—It is often asked what comes first, confidence or success? Although it is true that success breeds confidence, it is equally so that confidence increases one's probability for success. Success is never certain, but self-doubt, negativity, and low expectations guarantee falling short of the goal.

Belief in oneself prevents harmful distractions such as anxiety, allowing for more efficient focus. Confidence also adds security during slumps and helps you stay on track towards your goal. Finally, self-belief prompts us to set higher goals, as greater achievements are expected and appear more attainable.

### **WEEK 3:-Here are some techniques to help you develop and maintain confidence:**

- ✓ Frequently imagine successful performances.
- ✓ Increase your levels of physical and mental fitness, as this will enhance your technique and self-image at the same time.
- ✓ Make a list of your strengths. Review this list regularly to remind yourself of how great you really are.
- ✓ Eliminate negative thoughts and memories. When they occur, replace them with positive self-statements (e.g., "I'm at my best under pressure").
- ✓ Have a general strategy going into each competition. Confidence will grow as your plan is executed.
- ✓ Keep your head up and maintain positive body language. The way you act will often influence the way you and others around you feel. Act confidently, be confident!
- ✓ Improve on areas of weakness in practice so that you will be prepared
- ✓ Effort invested in self-belief will help you reach your potential. Confidence is not a luxury reserved for the divine ... just another tool for success.

### **WEEK 4: Believe in yourself and prosper!**

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### USING FOCUS & CONFIDENCE FOR SUCCESS



#### **WEEK 1:**

Write 3 successful thoughts that you can tell yourself each morning to make each day great.

(ex: *I am special*)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How does focusing on your progress help you get to the next level?

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#### **WEEK 2:**

How can your confident attitude help you be more positive or successful in other parts of your life?

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Always surround yourself with people who support you. Tell us how supportive people help you become more successful.

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#### **WEEK 3:**

Tell us how you can better support people you love, as they work towards their goals.

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How do you feel when you help other people?

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#### **WEEK 4: -**

**WHAT YOU FOCUS ON IS WHAT YOU GET! PRACTICE BEING CONFIDENT EVERYDAY AND BELIEVE THAT YOUR DREAMS WILL COME TRUE—THEY WILL!**

Student Name \_\_\_\_\_

Grade \_\_\_\_\_ Belt Rank \_\_\_\_\_ Age \_\_\_\_\_

Teacher signature \_\_\_\_\_

Parent's signature \_\_\_\_\_

#### **S.T.A.R.S. Requirements**

\*Good behavior at home

\*Completion of report

\*Good behavior at school

\*Turn in report by: **Oct 28**