



# S.T.A.R.S.

Students Taking A Responsible Stand

# Attitude

## McCoy's Action Karate's Character Development Program

As you take your journey towards Black Belt Excellence, you will learn the importance of having the right attitude, what the right attitude is and how you can develop an even better attitude! This month, you will be hearing stories and participating in activities that will excite you and allow you to enjoy developing the proper outlook on your training. You will learn some secrets of motivation and how to turn negative days into positive days. Your life is made up of a series of choices. The primary purpose of "Building Your Winning Attitude" is to help you understand how to make the choices that will allow you to accomplish great things all through your life.



1. Below, list 5 Negative Words and then across each one write the opposite Positive Word.



5 Negative Words

5 Positive Words

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. Write down how a Positive Attitude DID help you at.....

School \_\_\_\_\_

Home \_\_\_\_\_

Karate \_\_\_\_\_

3. How can your attitude determine your Altitude?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Requirements for S.T.A.R.S & Stripe Test

- Responsible behavior at home.
- Responsible behavior at School.
- Return S.T.A.R.S. during Stripe Testing.



Student's Name: \_\_\_\_\_

Date STARS Completed: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Please talk to my Child about: \_\_\_\_\_

## New England's Best Karate School!

McCoy's Action Karate  
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www.MActionKarate.com

This Month's Stripe Color is Gold, Which reminds us of the Gold Medal at the Olympics. It is clear that winning the Gold Medal requires excellence in mind and body. This month we are teaching our students how to do this in their own lives!