

PARENT HANDOUT



SUCCESSFUL LIFE SKILLS FOR CHILDREN OF THE MARTIAL ARTS

Character Training and Development - GOOD HABITS.

This month during our Character Training & Development portion of our class, our topic will be **Good Habits**.

The theme of the month is “Good habits are hard to make but easy to live with. Bad habits are easy to make but hard to live with.”

As you know, it takes a conscious deliberate effort to develop sound habits. It is hard to develop self-discipline. It is hard to develop the focus not to get side tracked. It takes courage to accept responsibility for your actions. It takes effort to learn to be non-judgemental. But if we can help to develop these habits in our children, their life will be a whole lot easier, more fun, and more rewarding.

Over the next month, we will be discussing what it means to have good habits, why it is important to have them, and examples of good habits.

Each week, we will be discussing a different aspect of **Good Habits**.

Week 1 – Self Discipline

Week 2 – Dinner before Dessert (instant gratification vs. long term benefits)

Week 3 – Taking Responsibility

Week 4 – Wherever You Are...Be There (present focus)

We encourage you to discuss these themes with your child often. This will, of course, help to solidify these ideas into their memory bank (imprinting) and allow them to more fully utilise these themes into their life.



PARENT HANDOUT

