



Excellence

"Excellence can be attained if you:

- 1) Care more than others think is wise; 2) Risk more than others think is safe;*
- 3) Dream more than others think is practical; 4) Expect more than others think is possible" – Unknown*

Dear Parents,

This month we are emphasizing the importance of developing excellence in our endeavors. As the quote above indicates, excellence includes several aspects,

including caring about others, taking appropriate risks, having dreams, and establishing high expectations. An attitude of excellence is something that will benefit your child in every area of his or her life.

This month, as you discuss the importance of excellence with your children, help them understand what it means and how it benefits them. Whether it is in their homework, daily chores around the house, or in their martial arts lessons, create a standard of excellence that will help them succeed.

Other Things Parents and Caregivers Can Do to Help Their Children Develop Excellence

Identify specific actions they can take that will demonstrate excellence.

Fortunately, there are many opportunities for each of us to demonstrate excellence. It might be completing our homework, straightening our room, or practicing our katas. Take a few minutes to give your children a specific example of something they can do to demonstrate a commitment to excellence.

Discuss the benefits of excellence. Higher grades, better paying jobs, more fulfilling relationships, and more are the products of an attitude of excellence. Show your children how spending a few extra minutes to emphasize excellence pays off throughout their lives.

Practice excellence with them. Take one thing you can apply the principle of excellence to and share the results with your children. Help them see that excellence is a lifelong value that has lifetime benefits. Not only will they get a concrete example to model, but they'll also enjoy sharing this lesson with you!

Remember that excellence does not mean perfection. None of us is perfect. To expect perfection from others is unrealistic and discouraging. Remember the words of Harriet Braiker, "Striving for excellence motivates you; striving for perfection is demoralizing." Know what your children are capable of achieving and motivate them to get there. Then celebrate with them when they accomplish it – whatever their best is, let them know you're proud of them.

This month our weekly lessons will cover:

Week One:

"No one cares how much you know until they know how much you care." – John Maxwell

Week Two:

"Growth means to change and change involves risk, stepping from the known to the unknown." – George Shinn

Week Three:

"I always have to dream up there against the stars. If I don't dream I'll make it, I won't even get close." – Henry Kaiser

Week Four:

"High expectations are the key to everything." – Sam Walton

UPCOMING EVENTS

2/19 - Glow Chux Seminar

2/26 - Instructor for a Day!

3/3 - Youth Promotion

3/4 - Tigers Promotion



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