



PERSEVERANCE & GRIT



OCTOBER & NOVEMBER 2018

Complete the Required Activities to receive credit toward the 2018 "I AM AWESOME" Award.
Must be completed and turned into the Omega office by December 15th, 2018.

2 REQUIRED ACTIVITIES:

1. Study the words PERSEVERANCE & GRIT. Once you have studied what these words mean, write down your own personal definition; the purpose of this activity is so that you can understand what these words can mean to you.

PERSEVERANCE:

GRIT:

2. When you understand what PERSEVERANCE & GRIT personally mean to you, set 2 Martial Art goals and 2 Life goals that will require a long-term commitment and a long-term effort in order to accomplish these goals. Display these goals up in a place so that you are frequently reminded of them. Never give up and Never quit.

MARTIAL ART GOALS:

1. _____
2. _____

LIFE GOALS:

1. _____
2. _____

Bonus: Complete additional activities that demonstrate PERSEVERANCE & GRIT. Additional activities or projects must be worthwhile, must involve other people, and must revolved around the PERSEVERANCE & GRIT theme. **(5 Points Each)**. Explain what you chose to do and what you learned:

NAME OF OMEGA STUDENT

PARENT SIGNATURE
Or STUDENT SIGNATURE (if over 18 years)