

# MAY 2016

## Week 1

“Failure will never overtake me if my determination to succeed is strong enough.”

- Ogi Mandino -

## Week 2

“ONCE YOU MAKE A DECISION, THE UNIVERSE CONSPIRES TO MAKE IT HAPPEN.”

- RALPH WALDO EMERSON -

## Week 3

“BELIEVE IN YOURSELF AND ALL THAT YOU ARE. KNOW THAT THERE IS SOMETHING INSIDE YOU THAT IS GREATER THAN ANY OBSTACLE.”

- CHRISTIAN D. LARSON -

## Week 4

“Stop looking for your purpose... Be it!”

- Dr. Wayne Dyer -

# PARENT/GUARDIAN LETTER



## Dear Parents and/or Guardians...

This month we are learning about determination and why it is an important skill to develop and use. Determination is something we want our children to learn and create a habit out of. We want our children to learn to overcome obstacles and persevere through difficulties in order to achieve their ultimate goals. Many successful achievers in this world are exactly that because they had the determination to keep pushing until they achieved the end result they wanted.

### HOW CAN YOU HELP?

- Lead by example. Show your children that if you have a goal at work, in the home, or physically, you will keep giving your all until you are able to achieve it. If children have a good role model to follow, it is more likely they will adopt those same skills and create habits from them. If they hear you or see you give up on something because it was too hard, they will be more likely to share that attitude on things in their life that seem too hard.
- Do puzzles. Puzzles can be frustrating, but do not let your children give up. You can do them as a family or let them pick out their own puzzle that interests them.
- Complaining is a bad habit that does not help someone become successful and remain determined. Help end this habit by having consequences for your children complaining about anything – homework, having to attend classes or completing chores.
- When your children start a new sport or special activity, do not let them quit right away if it was difficult or they did not succeed immediately. It is very important to make them finish to show them how to be determined so they can complete anything they put their minds to.
- Praise your children, act surprised at their accomplishments and recognize even just a hint of determination in their everyday lives.

## Determination

DETERMINATION IS TO NEVER GIVE UP. DECIDING TO DO SOMETHING AND NOT STOPPING UNTIL IT HAS BEEN ACCOMPLISHED.

### Master Tony Kook's North Shore Taekwondo

2900 Lonsdale Ave  
North Vancouver, BC

Tel: 604-986-5558

[Northshorettaekwondo.com](http://Northshorettaekwondo.com)

**Call us today!**

