

Adult Intent to Promote
Reflection and Projection

At Evolution Martial Arts our goal is to provide you with the tools so that the “Black Belts of Today can be the Leaders of Tomorrow”. We want you to identify what areas in your life you can apply leadership. It can be as simple as leading yourself towards a more serene life by not letting stress constantly effect you, or perhaps going above and beyond at work to get that promotion that you have dreamed about. As you make your journey, daily, yearly, and a lifetime, in everything that you do, can you say that your choices are that of a Black Belt. Honor, Respect, and Self Discipline.
Take a moment now to reflect.

Name: _____

Date: _____

REFLECTIONS

From passage from my _____ belt to my _____ belt,
I have improved myself in these areas.

1. Mental Accomplishment (reduced stress, confidence, more focus)

Short term: _____

Long term: _____

2. Physical Accomplishment (reduced weight, better eating/drinking choices)

Short term: _____

Long term: _____

3. Martial Arts Accomplishment (improved stances, memorized creed)

Short term: _____

Long term: _____

PROJECTIONS

Looking forward, what are your goals, your projections for the future? Please list

3. Mental Goal (reduced stress, confidence, more focus)

Short term: _____

Long term: _____

4. Physical Goal (reduced weight, better eating/drinking choices)

Short term: _____

Long term: _____

3. Martial Arts Goal (improved stances, memorized creed)

Short term: _____

Long term: _____

Your signature

Signature of a peer

