



PALLEN'S
MARTIAL ARTS™

JUNE 2022

POWERFUL

PROJECT

MENTAL STRENGTH

AGES 4-6

FIRST & LAST NAME: _____ PARENT SIGNATURE: _____

TIP GOAL: _____

The Powerful Word of the Month is mental strength. Mental strength means; "my strong brain helps me to do tough things!" Sometimes, when life doesn't go the way we want it to, we can start thinking thoughts that make us feel WORSE. This is called "Stinkin' thinkin.'" We can also think thoughts that help us feel and do better! These are our growing thoughts. Below, circle all of the "growing thoughts" and put an X over all of the "stinkin' thinkin'!"

I don't want to try because I might make a mistake and mistakes are bad.

I am going to have to work hard to learn this skill but I will keep working on it until I learn it.

My teacher/coach thinks I'm not good at this and that's why he corrects me all the time.

I'm quitting. I tried and I failed. There's no reason to keep trying.



This is really tough for me. I am getting better. I will ask for help if I need it.

I am not as smart or as talented as my friend...brother...sister.

I may be scared but I can remain calm and try anyway.

Nobody likes me, everybody hates me and I can't do anything right.