



PALLEN'S
MARTIAL ARTS™

POWERFUL

MAY 2021

PROJECT

INITIATIVE

Teens/Adults

FIRST & LAST NAME: _____ PARENT/GUARDIAN: _____

TIP GOAL: _____

Initiative means taking purposeful action that propels life forward without the need for outside reminders. It was Jerry Rice who said; "Today I will do what others won't, so tomorrow I can do what others can't. Think through the actions you are willing to take in 2016. What are the rewards for taking these actions (i.e. pride, privileges)? What are the consequences of inaction (i.e. frustration, stagnation)?"

Action I will take	Rewards for this action	Consequences for inaction
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