

# BE POWERFUL & Positive

**"All I need is within me NOW!"**

That's right! All the power and positivity to be your best is within you right now. You were born for GREATNESS. You are MIGHTIER than you think. There is a CHAMPION inside you waiting to come alive.

How do you tap into these super powers? We focus on you.

First let's figure out what makes you, you. Who are you right now? Think about all the things that you like (sports, hobbies, movies), who inspires you (teachers, celebrities, athletes), what do you want to have (cars, toys, etc.), and who do you want to become (doctor, athlete, goals).

## ME List:

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**"I'm going to tell you a story, I'm gonna start with my name." -Kendrick Lamar**

Next let's start with your name and link it to who you are, what you stand for, and what inspires you. Think of and write a word, phrase, or sentence for each letter of your name that represents you as an individual. The individual that makes you proud to be you and fired up to be your best! Example; (MARK) M=martial arts, A=attitude, R=respect, K=keep moving!

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# **YOUR** **POWERFUL** *& Positive* **BATTERY**

Just like a cell phone battery, you have a spirit battery. When you use a cell phone the battery goes down. Once the battery is fully depleted it no longer functions. This goes the same for you. When you go through your day you get hit with obstacles, negativity, drama, pressure from athletics and school. By the end of your day or even by the middle of the day your batteries will deplete. When your cell phone depletes you plug it in and recharge it to be able to function again at it's best. Well the same is for you. When your spirit batteries deplete you must constantly recharge them with the things that empower you. When you keep your spirit batteries charged you can overcome life's challenges.

Fill in your Powerful and Positive Spirit Battery (with the things you can constantly do through out your day recharge your spirit meter.

*(Exercise, Youtube Videos, Gaming, Sports, Friends, Family, Projects, Music, Movies, etc.)*

**LEVEL 10**

**LEVEL 9**

**LEVEL 8**

**LEVEL 7**

**LEVEL 6**

**LEVEL 5**

**LEVEL 4**

**LEVEL 3**

**LEVEL 2**

**LEVEL 1**



**UNDERGROUND**  
MARTIAL ARTS & FITNESS CENTER

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