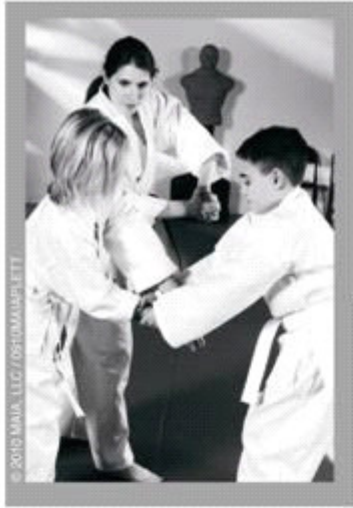


# 100% Effort

"If at first you don't succeed, try, try, try again." – William E. Hickson



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September  
2010

Theme  
Of the  
Month

**This month our  
weekly lessons  
will cover:**

## Dear Parents,

In September, we'll be talking about giving 100% effort. Often in life,

we're sure you'll agree, it's not about the actual accomplishment, but simply giving the effort that matters the most. The funny thing is when we give 100% effort, we tend to get the results that we desire anyway, so it's a win-win situation. It's important we teach our children at an early age to give it all they've got.

When children see you putting forth effort to achieve your goals at home and work, they understand the importance you place on giving 100%. Have you ever been so tired from an activity, but also happy because you've accomplished something? Let your family see you struggle as you work to achieve your goal and share with them how you feel when you finally reach it, thanks to hard work.

**Below are a few suggestions you may find useful in teaching this life skill (100% Effort) at home:**

1. As a parent, your example is so much more than words. Let your children know when you're tired in the morning, but still go to work. Remind them even after a hard day at work, you still take them to martial arts class. In short, when possible, live by example.
2. Help them understand giving it your all or giving 100% is not a part-time commitment. It means giving it your all, all the time. In addition to this, and maybe more importantly, is giving it their all in all facets of life: home, school, and even martial arts classes.
3. Help them understand just because they give 100%, it may not be enough to get the exact results they want. However, they should feel they accomplished something great and, more than likely but not guaranteed, they'll succeed.

Visit us online for more detailed information about our classes and call us today to book a free introductory class!

### Week One:

*"Dictionary is the only place that success comes before work. Hard work is the price we must pay for success. I think you can accomplish anything if you're willing to pay the price."* — Vince Lombardi

### Week Two:

*"Continuous effort, not strength or intelligence, is the key to unlocking our potential."* — Liane Cardes

### Week Three:

*"If at first you don't succeed, try, try, try again."* — William E. Hickson

### Week Four:

*"Some people dream of success ... while others wake up and work hard at it."* — Anonymous

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September 2010

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