

Junior 'Warrior' Programme

Courage- overcoming our fears



Student name;

Training venue;

Month one

Courage comes from our heart not from our kicks and punches.

Some people may be scared and need to be brave to overcome their fear.

Some people are scared but are not brave enough to overcome their fear.

Some people are simply not scared.

Although it is very nice if you are not usually scared, there will probably come a time in the future when you will be. When that time comes, I hope you have enough courage to overcome your fear.

I have MASSIVE RESPECT for anyone who overcomes fear, have you ever had to be brave?

Could you tell me about it please? _____

Month 2

Sometimes the most difficult thing to say is NO. When people around us expect us to do something, we can often find it very hard to go against their wishes. It may be useful to remember that YOU make all your own choices, you decide what is best for you every single minute of the day (except when you are asleep and when your parents need you to do something).

I've said many times before, that we become more like the people we hang around with, having the strength to say NO sometimes can prevent us becoming EXACTLY like them. When have you chosen to say NO when it wasn't easy?
