



JBB Warrior Programme

Going the EXTRA mile.

Sometimes the thing that sets us apart from the crowd is the fact that we will do more than most people.

Often, it isn't skill or knowledge that leads to one person doing better in life than another, it is the ability to do more, work harder, be more focussed or pay attention more.

The opposite of 'going the extra mile' is 'doing the bare minimum to get by' and this doesn't fit with being a martial artist at all (and especially not a black belt).

This quarter (3 months to the next grading) is the go the extra mile at least 3 times. To make a note of what you do each time and then keep all the information together ready for the next time you grade.

I know that you may not get the opportunity to do this every day but I want you to watch for opportunity. When you see opportunity to do more than what is expected of you, grab it with both hands. Do the thing with energy and enthusiasm and do a great job.

What sort of things might be good to do? Here are some examples but please use others as well if you think of any.

1. Offering to do chores for a friend or neighbour without any payment.
2. Asking for and completing EXTRA homework from school (especially on a subject you find difficult).
3. Looking after a younger brother or sister for your parents (without being paid).
4. Checking on someone who may be lonely, sad, unwell or just old.

5. Anything else that you do because you are a kind person. Remember its 'going the EXTRA mile' so, if other people are doing it, its not extra, its just normal.

I need you to be able to write (or type) **at least 200 words** about each of the three times that you have gone the extra mile. Of course, if you want to 'go the extra mile' you could do more than the absolute minimum.