



# NEIL STONE'S

## Karate Academy

The Study of Uechi-Ryu Karate

### February S.T.A.R.S. Challenge for Older Students

#### Pillar of Character

(thoughts become words)

Organization on a basic level is knowing what you're doing on any given day, but you are now past the basics. Being organized for you now has grown to being able to keep your day in line but thinking towards the future. Are your actions and plans today in line with where you want to be next week, next month? You need to begin to organize your life not just your days. Being mentally organized in where you want your life to go, and who and what will be there is your goal.

#### Quotes from Masters

(words become actions)

Plan your work, work your plan

Being organized is an action, not a saying

For parents:

Put the responsibility on your child to organize their day or week. Let them come and tell you what is needed for help instead of asking. Create the habit of letting them handle their own plans, as opposed to you managing their plans.

#### Character into Practice

(habits become character)

Keep a daily planner so you know where and when you need to be places and doing things

Organize your free time with things that will help keep you growing in the right path.

Prioritize your goals so you know what are most important and which need the most work.

When you feel yourself/life becoming disorganized take the time to step back and think about what you want before acting.

#### Personal Outreach

(actions become habits)

One the back of this sheet tell us how you organize:

- Your daily/weekly activities
- Your friends
- Your goals
- What you want to do later in life
- Your personal space

You can express how you stay organized in whatever ways you think are best to properly show how you organize your life.

Parent's Signature: \_\_\_\_\_

Student's Signature: \_\_\_\_\_

S.T.A.R.S. – Students Taking a Responsible Stance (character becomes destiny)