



DETERMINATION

First & Last Name: _____

Determination means that even when something is really hard to do, you don't give up and you keep going. When you show determination, you don't quit at something...you keep going until you get it right! People with determination can accomplish great things because they don't quit when others do.

In taekwondo, determination helps you keep trying your best, even when a technique is tricky or breaking a board seems impossible. Determination is like having a superhero power inside you that says, "I can do it!" Each time you get back up after making a mistake, you become stronger and better. With determination, you can achieve amazing things in everything else you do!

1. **What is a time when you showed determination and didn't give up? Describe what happened and how you felt.**

2. **Why is determination important in taekwondo and other activities you do?**

3. **What are some ways you can show determination at home or at school?**
