



Dragon Gym Martial Arts & Fitness
Presents
Go Beyond the Grades™

Student Success Workbook

www.dragongym.com

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Go Beyond
the Grades

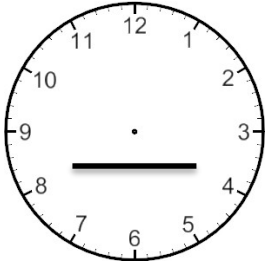
MY PLAN FOR AN AMAZING SCHOOL YEAR!



My Plan for Making My Day at School AWESOME!

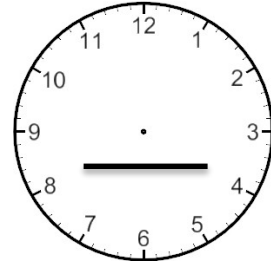
Sleep is important! Most people need *at least* 7 hours of sleep to keep their brain happy.

I go to bed at:



I sleep
_____ hours.

I wake up at:



Fuel up before you go! Breakfast helps you with your concentration, mood, energy levels, and memory. Eat up!

My delicious and healthy breakfast is _____ . Yum!

Plan in advance! A structured routine reduces stress and increase energy and focus.

My morning responsibilities are:



- _____
- _____
- _____
- _____
- _____

Exercise makes for a happy brain and healthy body. Get a few minutes of movement in before you leave for school.

My Morning Movement Routine is:

- _____
- _____
- _____
- _____
- _____



Have a plan that will keep your brain happy all day. (Hint: learning loops, belly breathing, and smiles... check the parent guide for more ideas)

This is what I'll do at school today to help me be an awesome learner:

1.

2.

3.

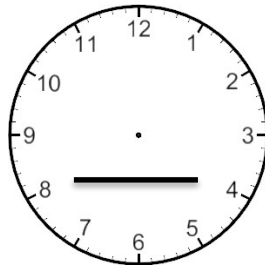
Know the plan! Do you have something schedule after school (Like martial arts class!)? Start your day knowing what the day will bring!

My after school plans are:

- _____ at ____:____
- _____ at ____:____
- _____ at ____:____

Learning means growing! So now you know what your day looks like. When can you schedule your study time?

I will study and do homework at:



You had an awesome day! Make sure it ends just like a workout; with a cool down. How will you relax before bed? (read a good book, breathe, listen to music, watch tv, etc)

My evening routine is:



- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____

Go Beyond the Grades

Recognizing Bullying Behaviors

There are three main categories of bullying behaviors listed. See if you can match the action to the correct type of **bullying behavior**. If you can learn to recognize that you or someone you know is being bullied, you can talk to your trusted adult about ways to handle the situation. Check in with yourself as well, and make sure you haven't accidentally slipped into a bullying behavior.

Aggressive Bully Behavior

- 👁️ Someone gets pushed when they aren't looking
- 👁️ "You're not my friend if you don't give me that"
- 👁️ A quick pinch or slap while walking by in the hallway
- 👁️ A student breaking or stealing someone's belongings
- 👁️ A child making a scene in a store to get their way
- 👁️ Pointing and laughing while walking past with a group of friends
- 👁️ Using name calling to make someone cry
- 👁️ Getting blocked in a hall or doorway so you can't get past
- 👁️ Yelling something mean from the bus as it drives by
- 👁️ One student trying to get another student in trouble
- 👁️ Ignoring someone or excluding them from a group
- 👁️ "Accidentally" bumping someone so they drop their books

Passive Bully Behavior

Casual Bully Behavior

Go Beyond the Grades

Stay Safe Quiz

Answer the following questions. This is a great exercise to share with your trusted adult. Feel free to use a separate piece of paper to more fully answer the questions.

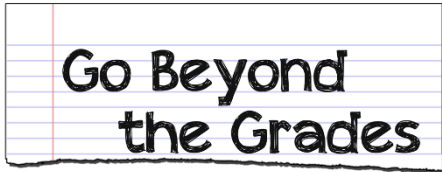
If you felt that you were in a scary situation and you were away from home, who would you call? Do you know how to reach them?

If an adult wanted you to do something that seemed wrong or made you uncomfortable, what would you do?

Can you list some places you shouldn't go alone?

If an adult wants you to do something that doesn't feel right, what do you say? Who do you tell?

If a friend is acting weird, upset, or unsafe, who can you go to for help?



Five Things

Five Positives

Looking for the positive in a situation, class, event, or person has a powerful impact on how we feel about ourselves and the world around us. In the space below, **list five things that you enjoyed or appreciated about either a lesson block or your entire school day.**

1. _____
2. _____
3. _____
4. _____
5. _____

One Challenge

There will always be challenges, difficulties, and negative experiences to cope with regardless of how positive we try to be. In the space below, **write one challenge or difficulty you experienced today.**

Now see if you can think of either a solution or a positive way to view the challenge you wrote.

Set a Goal!

Goal setting is a powerful way to keep us on track and moving in the direction we desire. Visit us at AboutCC.org/Outreach/Go-Beyond-the-Grades and set some goals for yourself using our goal creator.



Goal Setting



You have a lot of potential locked away inside of you. That potential could be directed toward bettering your life, as well as the lives of those around you. The more we think about the person we want to be and how that person will impact the world around us, the clearer we become about our purpose. Goal setting helps us answer a couple of questions: Where are we going? How will we get there? A goal gives us a destination to strive for, as well as a map that keeps us moving in the right direction.

There is a famous saying: "By failing to plan, you are planning to fail." Take the time to make a plan. Set some goals, share them with people who will support you, and take control of who you are and what you do. Use the worksheets below as a key to unlocking all of that potential waiting inside you.



Goal setting is part science, part art. The way the goal is phrased is crucial to the brain's ability to process the information and go to work. When we access our brain in this way, it works to manifest what we want. You will recognize opportunities that were right in front of you all along. You will have sudden insights and solutions which will pop into your mind as if from nowhere. The beginning of this process comes by phrasing what you want in a way that convinces your brain of its importance. Goal setting is the beginning. You still have to do the work and be prepared for the fact that some goals are unrealistic or not as important as you originally thought. Remain fluid in your thinking!



Where are you now?

What are six things that are awesome about your life right now?

What are two challenges you are facing right now?

Rate the different areas of your life:

School/Job Performance	Awesome! 😊	-----	Okay 😐	-----	Stressful 😞
Family Relationships	Awesome! 😊	-----	Okay 😐	-----	Stressful 😞
Health & Fitness	Awesome! 😊	-----	Okay 😐	-----	Stressful 😞
Friends/Social Relationships	Awesome! 😊	-----	Okay 😐	-----	Stressful 😞
Personal Attitude	Awesome! 😊	-----	Okay 😐	-----	Stressful 😞
Financial (Money)	Awesome! 😊	-----	Okay 😐	-----	Stressful 😞
Other _____	Awesome! 😊	-----	Okay 😐	-----	Stressful 😞
Other _____	Awesome! 😊	-----	Okay 😐	-----	Stressful 😞



What do you want?

Scholastic Goals

If there were no limitations, what would you want to achieve in school? What grades would you want to earn? What type of student would you want to be? What extra-curriculars would you be involved in?

This is your ultimate vision. When things get difficult, this is the image you come back to when you need some motivation and inspiration to push through.

With the above vision in mind, what would you like to achieve over the next year?

A properly written goal must be written as if you've already achieved it. Rewrite the above goal so you are speaking in the present tense.

Ex: Saying "I will study 15 minutes a night" is future tense. Instead, say "I study 15 minutes every night."

Goals must also be written positively for our brains to process and move towards the desired outcome. Rewrite your goal, if necessary, so it is positive.

Tip: Avoid don't, won't, or no. Example: instead of "I don't get distracted", say "I am focused"

Finally, to get from where you are to where you want to be, you need a map with a destination. Set a time limit for when you want to achieve your goal.

Tip: You can always adjust your completion date if you find you need more time.

Write the full, final version of your goal below:

I _____ **by** _____
Present Tense Verb Your Goal Completion Date



What do you want?

Relationship Goals

Think of a relationship (or group of relationships) that is very important to you. Maybe its a parent or your family, a best friend or a sports team. If there were no limitations, what would you want that relationship to be like? What would your interactions be like? How much time would you spend with them? What would you do/share together?

This is your ultimate vision. When things get difficult, this is the image you come back to when you need some motivation and inspiration to push through.

With the above vision in mind, what would you like to achieve over the next year?

A properly written goal must be written as if you've already achieved it. Rewrite the above goal so you are speaking in the present tense.

Ex: Saying "I will share with my sister" is future tense. Instead, say "I share with my sister."

Goals must also be written positively for our brains to process and move towards the desired outcome. Rewrite your goal, if necessary, so it is positive.

Tip: Avoid don't, won't, or no. Example: instead of "I don't talk back", say "I speak respectfully."

Finally, to get from where you are to where you want to be, you need a map with a destination. Set a time limit for when you want to achieved your goal.

Tip: You can always adjust your completion date if you find you need more time.

Write the full, final version of your goal below:

I _____ **by** _____
Present Tense Verb Your Goal Completion Date



What do you want?

Attitudinal Goals

Think of an aspect of your personality that you would like to improve. It could be to increase your patience level, improve your self-discipline, or be more respectful to others. If there were no limitations, what type of person would you want to be? What would you want other people to think of you?

This is your ultimate vision. When things get difficult, this is the image you come back to when you need some motivation and inspiration to push through.

With the above vision in mind, what would you like to achieve over the next year?

A properly written goal must be written as if you've already achieved it. Rewrite the above goal so you are speaking in the present tense.

Ex: Saying "I will be patient" is future tense. Instead, say "I am patient."

Goals must also be written positively for our brains to process and move towards the desired outcome. Rewrite your goal, if necessary, so it is positive.

Tip: Avoid don't, won't, or no. Example: instead of "I don't yell when I'm mad", say "I stay calm..."

Finally, to get from where you are to where you want to be, you need a map with a destination. Set a time limit for when you want to achieved your goal.

Tip: You can always adjust your completion date if you find you need more time.

Write the full, final version of your goal below:

I _____ **by** _____
Present Tense Verb *Your Goal* *Completion Date*



What do you want?

Well-being Goals

Well-being is an overall sense of how you are feeling about your life. It includes health, fitness, stress level, and satisfaction with your place in the world. If there were no limitations, can you think of something that would increase your level of well-being? What could you add to your life that would add more joy and happiness?

This is your ultimate vision. When things get difficult, this is the image you come back to when you need some motivation and inspiration to push through.

With the above vision in mind, what would you like to achieve over the next year?

A properly written goal must be written as if you've already achieved it. Rewrite the above goal so you are speaking in the present tense.

Ex: Saying "I will exercise 4 days a week" is future tense. Instead, say "I exercise 4 days a week."

Goals must also be written positively for our brains to process and move towards the desired outcome. Rewrite your goal, if necessary, so it is positive.

Tip: Avoid don't, won't, or no. Example: instead of "I don't eat junk food", say "I make healthy food choices"

Finally, to get from where you are to where you want to be, you need a map with a destination. Set a time limit for when you want to achieved your goal.

Tip: You can always adjust your completion date if you find you need more time.

Write the full, final version of your goal below:

I _____ **by** _____
Present Tense Verb *Your Goal* *Completion Date*



Staying on Track

The challenge now is to follow through on your commitment. Achieving your goal will require a lot of self discipline. List some action steps to keep you on track.

Action Step #1: Get a notebook and **rewrite** your goals each day.

Action Step #2: **Read** your goal out loud to yourself in a strong, confident voice.

Action Step #3: **Share** your goal with someone you trust. Sharing your goal will hold you accountable and more likely to follow through. It is important that the person you choose is supportive. Avoid someone who will express any doubts that you can achieve the goal. This person can help you be accountable to follow through and achieve your desired result, as well as offer you feedback and encouragement along the way. List your accountability buddy below.

Goal	Name of Person(s)
Scholastic Goal	
Relationship Goal	
Attitudinal Goal	
Well-being Goal	

Create three more action steps for each goal.

Example: If your goal is to earn an A in math, your action steps could be to schedule time to study each week, to meet with the teacher for extra help, and to find a study buddy in from your class.

Goal	Action Steps
Scholastic Goal	<ul style="list-style-type: none">•••
Relationship Goal	<ul style="list-style-type: none">•••
Attitudinal Goal	<ul style="list-style-type: none">•••
Well-being Goal	<ul style="list-style-type: none">•••

Print this page and handwrite your goals in the space provided. There is a power to physically writing your goals out with a pen and paper. Decorate this poster however you like and put it up in your room or somewhere where you will see it often!

My Goals



In School....



In my Relationships....

smile 😊 For Myself....



For my Well-Being...

A Parting Note...

A strong and professional martial arts community can help aid in the happiness, health and success of your children. The program we offer at the Dragon Gym guides children to develop the life skills that help them engage in more meaningful and productive ways.

Please, visit our website (www.dragongym.com) and get more information about the programs we offer and how they can serve families like yours. You can also get access to online specials and our email newsletters.

You can also give us a call at (610)-363-7575 and speak with one of our instructors who will be happy to answer your questions, and set you up with a free, no obligation orientation session and lesson.

I'm excited to meet you in person and help you and your family reach your goals with martial arts. Whether you're looking for fitness, self-defense, or personal development, we'll help you get there.

Sincerely,

Somnath Sikdar
President, Dragon Gym