

Matt Randall's Black Belt Academies, Inc.

10 Ways to Use Your Leadership Journal

One page a day, directly after class...

1. Write down the Leadership Life Skills and Themes.
2. Make notes on all your self-defense techniques because they will be needed for the Black Belt test later.
3. Make note of any comments from your instructors, like "keep your hands up higher when sparring with a taller opponent."
4. Write down the daily announcements.
5. Write down any homework your instructor might give you, like "practice 10 perfect side-kicks every day."
6. Write down all the moves to your weapons forms. You may need them to practice for a tournament or a merit badge.
7. Make note of upcoming deadlines for things like passing in your goals worksheet or completing your requirements for a commitment stripe.
8. Rate your performance in today's workout from 1-10. How hard did you really push yourself?
9. Set your goals for the next class. What will you do to develop better focus, intensity, speed, power, or something else?
10. At the end of the day, use it as a Gratitude Journal to make note of the many things you have to be thankful for.

Parents and teachers know that what you write down is remembered better, longer, and with greater accuracy. Spend just 2 minutes after class making some notes and you will be amazed at how much it helps your training.