



POWERFUL

MARCH 2026

PROJECT

INITIATIVE

AGES: TEENS/ADULTS

First & Last Name: _____ Parent/Guardian: _____

Tip Goal: _____

"Well done is better than well said." – Benjamin Franklin

This quote reminds us that action carries more weight than intention. In life, many people talk about goals and plans, but growth only happens when we follow through. In martial arts, it's not enough to say you want to improve or earn your next belt. Progress comes from showing up consistently, training with focus, and doing the extra work without being asked. Initiative turns words into results.

At Home:

Initiative at home means stepping up without being reminded, completing your responsibilities before being asked, and looking for ways to contribute. It's recognizing what needs to be done and handling it. When you take initiative at home, you show maturity and leadership through your actions.

At School or Work:

In academic or professional settings, initiative shows up when you start assignments promptly, participate without waiting to be called on, and seek solutions instead of excuses. It means preparing ahead of time, meeting deadlines consistently, and taking ownership of your performance. Initiative separates those who wait from those who lead.

With Others:

Initiative in relationships means being the one who communicates clearly, resolves misunderstandings respectfully, and offers help when it's needed. It's not waiting for someone else to fix a situation. It demonstrates accountability, courage, and emotional maturity.

In the Dojo:

Initiative means lining up quickly, preparing your gear, drilling with focus, and correcting mistakes without being reminded. It's pushing yourself during conditioning, volunteering to demonstrate, and committing fully to the process. True martial artists don't wait to be pushed, they move first.

Choose one of the reflection questions below and respond on the backside of this paper:

1. In what situations do you tend to talk about what you plan to do instead of actually starting? What would happen if you took action immediately instead of waiting?
2. Can you think of a time when you stopped thinking about it and just began? What did that experience teach you about the power of taking initiative?
3. What is one area of your life, school, work, home, or training, where you could replace hesitation with action? What would "well done" look like there?