



**POWERFUL**

**JUNE 2026**

**PROJECT**

**PATIENCE**

**AGES: TEENS/ADULTS**

First & Last Name: \_\_\_\_\_ Parent/Guardian: \_\_\_\_\_

Tip Goal: \_\_\_\_\_

***"Nature does not hurry, yet everything is accomplished." — Lao Tzu***

This quote reminds us that growth isn't something we can force. In nature, trees, rivers, and seasons all unfold in their own time, yet they accomplish exactly what they are meant to. Patience asks us to trust that same process in our own lives. In martial arts, progress comes through consistent practice, not instant results. By staying committed and trusting the journey, we learn that steady effort often leads to lasting growth.

**At Home:**

Patience at home means staying calm and understanding with family members, even when they frustrate you or things don't happen as quickly as you'd like. It's listening without interrupting, waiting your turn, and giving others grace when they make mistakes. When you practice patience at home, you help create a more peaceful, supportive, and respectful environment.

**At School or Work:**

In academic or professional settings, patience shows up when you stay focused through challenges, accept that learning takes time, and remain respectful when things don't go according to plan. It means working steadily toward your goals, being open to feedback, and trusting the process rather than expecting immediate results. Patience helps you stay resilient and continue growing.

**With Others:**

Patience in relationships means giving people time to express themselves, learn, and grow. It's listening carefully, responding thoughtfully, and showing understanding when others make mistakes or see things differently. Rather than reacting with frustration, patience allows you to approach others with empathy and respect, strengthening trust and connection.

**In the Dojo:**

Patience in the dojo means understanding that mastery is built one class, one lesson, and one repetition at a time. It's practicing techniques consistently, accepting corrections with humility, and trusting that progress will come through effort and dedication. Patient martial artists focus on growth rather than comparison and recognize that every challenge is part of the journey toward improvement.

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

1. What do you think Lao Tzu means when he says that nature does not hurry, yet everything is accomplished?
2. Where in your life or training do you find yourself wanting faster results? How might patience help you approach that challenge differently?
3. How can trusting the process—rather than focusing only on the outcome—help you grow as a student, martial artist, or person?