

TEN WINNING TRAITS OF A SEO'S MARTIAL ARTS BLACK BELT

WHITE BELT

POSITIVE SELF-AWARENESS

★Winning Black Belts know who they are and where they are going. They understand themselves and their goals.

GOLD BELT

POSITIVE SELF-ESTEEM

★Winning Black Belts have a feeling of self worth. Winners develop a feeling of self acceptance and respect.

ORANGE BELT

POSITIVE SELF-CONTROL

★Winning Black Belts accept 100% responsibility for the outcomes in their own lives. Winners take the credit or the blame for their own performances.

GREEN BELT

POSITIVE SELF-DISCIPLINE

★Winning Black Belts learn to control their desires, actions and habits. Winners practice mentally, rehearse and visualize the successful outcomes of their activities.

PURPLE BELT

POSITIVE SELF-EXPECTANCY

★Winning Black Belts keep an overall attitude of optimism and enthusiasm. Winners understand that life is a self-fulfilling prophecy - a person usually gets what he or she actively expects over the long run.

BLUE/HIGH BLUE BELT

POSITIVE SELF-MOTIVATION

★Winning Black Belts dwell on the rewards of success, not on the penalties of failure. Positive self-motivation arrives through visualizing your desires while limiting fears.

RED/HIGH RED BELT

POSITIVE SELF-CONFIDENCE

★Winning Black Belts have the ability to accomplish anything they want to achieve. Winners understand that a strong belief in themselves and hard work will result in achieving their goals.

LOW BROWN BELT

POSITIVE SELF-DIRECTION

★Winning Black Belts have clearly defined goals and purposes, which are always referred to on a daily basis. Winners understand that we always move in the direction of our currently dominant thoughts.

BROWN BELT

POSITIVE SELF-IMAGE

★Winning Black Belts develop a self-image that sees growth, success and winning as the desired outcome. Winners learn that what you perceive as being real will become your reality.

HIGH BROWN BELT

POSITIVE SELF-COMMITMENT

★Winning Black Belts commit to their dreams and goals and work diligently to achieve them. Winners make a pledge to devote their energies to the successful realization of their goals.