

## **PUTTING ON THE NEW**

*You are now preparing to earn the sacred honor of Black Belt. As you prepare for this honor, you will be getting ready to shed your old skin and put on a new one. Use the space provided to write about how you have grown in your journey thus far, as you prepare for a new journey. Discuss what parts of yourself you will leave behind and what you are replacing those parts with (i.e. leaving behind my anger and replacing it with love). Also discuss what you think it means to **BE** a Black Belt. Be prepared to share this at your test.*



