



# MAT CHAT



## Tenets and Codes

### Tenet 7 - Indomitable Spirit

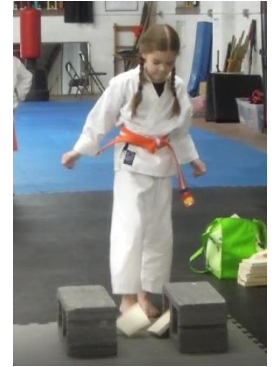
Indomitable Spirit means having an

***I Can Do It Attitude!***

It means not giving up when things don't go like you want them to.

Instead, you can find ways to make your goals/dreams happen!

***Make it happen!! NEVER QUIT!!***



#### What should you do?

- You want to break a board with a certain break. You try and you fail. You don't break it. You try again. It still doesn't break. Does that mean you can't? NO!!! It means you need to try again. Find out what you need to do different.
- You are struggling with a subject in school, for example Science. No matter how hard you try it seems you just can't get it. Do you give up? NO!!! You ask for help, you spend extra time. You do what it takes to make it work!

#### At Home Training - Bring to the next *Mat Chat*.

Give one example of how you, or someone you know, demonstrated **indomitable spirit**.

- You can write – it can be just telling about it, or it can be a story or poem.
- You can draw a picture of someone showing **indomitable spirit**.
- You can tell. Be prepared next time at *Mat Chat* to tell about how you, or someone you know, demonstrated **indomitable spirit**.