



## DAYNA HUOR

SHE'S THE IDEAL MARTIAL ARTIST.

Multiple world championships will testify to that. Off the mat, Dayna's super-sweet, funny, and incredibly smart.

Check out Dayna's appearance in a new Nike commercial:  
[www.tinyurl.com/daynahuor](http://www.tinyurl.com/daynahuor)

**SEE IT. HEAR IT. LIVE IT.**

PERSONAL ACHIEVEMENT ACADEMY.COM

### PERSONAL ACHIEVEMENT ACADEMY

## STRONG CHARACTER

Check off the Champion for Life missions as you complete them each week.

### COMPASSION IS KEY

Compassion is the cornerstone of having a strong character. There are so many ways to demonstrate compassion and make a real difference in your community. Compassion first begins at home where you have the opportunity to help your family. As you get older, you can volunteer for service projects like food and clothing drives and toy distributions for underprivileged kids. So go for it... get passionate about making a difference!

#### WEEK 1 MISSIONS - COMPASSION IS KEY

- Make a "Get Well" card for someone who is sick
- Call a grandparent or relative and visit with them on the phone
- Ask a teacher if you can volunteer to help at school
- Help a family member with their chores
- Say something nice to someone who is in need of a kind word

*Golden Rule: "Do unto others as you would have others do unto you."*

### BE COURAGEOUS

Let's face it, demonstrating courage and standing up for your beliefs can take guts. You need to develop self-confidence that will allow you to remain comfortable with your ideals even in the face of peer pressure. Sometimes it's tough to be the only one who says "no" to peer pressure, but you can do it! There are 3 ways you can increase your self confidence: You need to **know yourself** (what you stand for), **accept yourself**, and **be yourself**. And remember, peers can pressure each other into doing what's right. With self confidence, you can become one of the leaders of the group that makes the right choice!

#### WEEK 2 MISSIONS - BE COURAGEOUS

- Make a list of the qualities that you most like about yourself
- Make a list of the qualities that you most like in your friends
- Look out for kids at school that are getting picked on or bullied and stand up for them
- Watch for opportunities to be a leader at your school
- Tell your parents the 3 ways you can increase your self confidence

**PERSONAL  
ACHIEVEMENT  
ACADEMY**

**EACH MISSION  
IS WORTH  
10 POINTS**

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Champion for Life  
Point Scale

**150-200 pts**  
Champion for Life

**50-150 pts**  
Champion

**10-50 pts**  
Improving

## GOOD CITIZEN

Did you know every month Americans throw out enough recyclable glass bottles and jars to fill up a skyscraper?! We need to do our part to protect the earth's environment, making the world a better place to live. Here are 3 cool ways that you can help: You can **conserve energy, protect water, and limit trash**. Once you get hooked on caring for the planet, you'll be on your way to becoming a good citizen impacting your community and your world!

### WEEK 3 MISSIONS - GOOD CITIZEN

- Pick up trash outside
- Recycle your plastic water bottles, pop cans and papers
- Turn lights out when leaving a room
- Use filtered tap water instead of buying bottled water
- Take shorter showers and don't let the water run while brushing your teeth

*Eco-Joke:*

*Why can't you play cards in the jungle? Answer: Because there are too many cheetahs!*

## RESPECT

We have all been raised to show respect to our parents, our teachers and our elders, but people who live their life with respect as their foundation are also well mannered, honest, and trustworthy. At school you have the opportunity to meet people from different backgrounds, maybe different countries and cultures. You show respect for other people's viewpoints and traditions by listening to them, and by accepting their individuality. We all want to feel respected. The secret to getting respect... is to give respect.

### WEEK 4 MISSIONS - RESPECT

- When someone is speaking to you, look in their eyes and listen with your full attention
- Use good manners by saying "thank you" and "please"
- Limit interruptions when other people are speaking
- Greet your teachers with "Good Morning" when you arrive at school
- Ask a teacher or a friend about one of their family's traditions

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Parent Signature

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Teacher Signature