



Read through ALL the "Superstar 4 Life Missions." Earn 10 points per completed mission. Look for special DOUBLE & TRIPLE point missions! Earn cool Superstar 4 Life Belt Stripes and even an awesome Superstar 4 Life silicone wristband, depending how many points you earn. For point values, see the Superstar Mission Scale on the left-hand side of this page.

All Superstar 4 Life Missions are due 2 weeks prior to Graduation Day. **FREE MISSION PARTY for everyone who earns at least 50 points!!!**

SUPERSTAR4LIFE
Mission Program:
(Each mission is worth 10 points.)

200+ Points = Ultimate SuperStar
 Student earns a SuperStar Belt Stripe & a Superstar 4 Life "Be Grateful" wristband.

150-190 Points = SuperStar
 Student earns a SuperStar Belt Stripe

100-140 Points = Rising SuperStar
 Student earns a Rising SuperStar Belt Stripe

50-90 Points = Future SuperStar
 Student earns a Future SuperStar Belt Stripe & Mission Party Invitation!

Missions 1-7:

- _____ Seek out a student who is struggling with the curriculum in class and ask if you could train together before or afterward. Take a selfie of the two of you or have someone video you training together and post it on Facebook &/or Instagram #BeGrateful.
- _____ Write a "Good Job Note" to one of your classmates who you think did their best in class. Just ask any one of our friendly Team Members for a postcard. They'll even address, stamp & send it to them for you. Post a photo of it on Facebook &/or Instagram #BeGrateful.
- _____ **TRIPLE POINTS:** Leave a review on Google, Facebook &/or Yelp for 3 businesses that you like and recommend them to people you know. Hint: You could do a review for your favorite martial arts school ;-)
- _____ Get a journal/notebook & put it, along with a pen, by your bed. Before you go to bed at night write down at least 1 thing you are grateful for that happened during the day. Do this for 30 days. Post all 30 things on Facebook &/or Instagram #BeGrateful.
- _____ **DOUBLE POINTS:** Send/give 3 handwritten "Thank You" notes to 3 different people showing your gratitude for something they've done. Post a picture of it on Facebook &/or Instagram #BeGrateful.
- _____ **DOUBLE POINTS:** Donate your old clothes, books, toys &/or electronics. Take a photo of what you donate and post it on Facebook &/or Instagram #BeGrateful.
- _____ **DOUBLE POINTS:** Demonstrate your gratitude for your health by doing 10 Burpees, 10 Push-Ups & 10 Sit-Ups every day for 30 days. Have someone take a photo or video of you doing one or all of the exercises and post it on Facebook &/or Instagram #BeGrateful.



Missions 8-16:

Bring at least 3 items for our Food Drive to help those in need. Our most needed items are: Peanut Butter, Canned Fruits & Veggies, Powdered/Canned Milk, Baby Formula, Baby Food, Dried Pasta, Canned Tomato Sauce, Rice, Cans of Soup & Beans. Take a photo of what your brought and post it on Facebook &/or Instagram #BeGrateful.

TRIPLE POINTS: Help keep your community clean. Get your family and friends together to clean up your neighborhood (i.e., a local park, sides of a road, prairie path, etc.). Remember to be safe! Take before and after pictures and post it on Facebook &/or Instagram #BeGrateful.

Put a sticky note somewhere that'll make someone smile. Take a picture of the note and post it on Facebook &/or Instagram #BeGrateful.

Call, email, text, message or write the 5 people in your life that are closest to you and let them know the unique impact they have had on your life.

Give an anonymous donation of whatever you can afford.

Open a door for someone.

DOUBLE POINTS: Take the Superstar Listener Challenge. Hold a conversation with someone where you can only ask questions. Be sure to stay on point and only ask questions regarding what they are talking about. You will notice that you will pay more attention to what they are saying therefore improving your listening skills while showing that you really care about what they are telling you.

Give a hug. Make a true connection with those you love and are grateful to have in your life by giving hugs when greeting, saying goodbye, or saying thanks.

TRIPLE POINTS: Volunteer your time. Spend a few hours at a food bank, an animal shelter, or your church helping others. Sharing your time with those in need can help put your own life into perspective. Take a photo of where you volunteered and post it on Facebook &/or Instagram #BeGrateful.

Student's Name (Please Print)



Parent Signature (for students under 18yrs. old)

Student's Signature

Total Points