



KINKAN DOJO NEWSLETTER

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金環道場

Firstly, I would like to wish you all a very happy New Year and I hope that 2005 becomes a year of success for you.

With that in mind, I would like to dedicate January's newsletter to the art of setting goals.

Goals are the building blocks that lead to achievement and success, they are the blueprint that successful people follow in order to achieve great things. However, many people don't have any set goals, except for a foggy idea of what they want things to be like, and even if they do have some goals few people act upon them.

A goal is more than just a dream, it's a dream being acted upon. A dream is more than "I wish I could", it is a clear "this is what I am working towards". Goals are set and met by achievers in their fields, most of us can relate to our sporting heroes who talk about setting goals to achieve their success.

Generally speaking, there are two types of goals. The first is the "main" goal, the overriding aim. These are the big goals, such as achieving blackbelt or getting promotion at work. The main goal is a driver, it consumes your thoughts and drives all the actions you need to take in order to achieve it. It is the target that you aim for.

The second type of goal is a short term goal, its something that can be achieved in a short space of time. It is the completion of the short term goals that lead to the achievement of the main goal. If the main goal is to achieve blackbelt in 3 years for example, the short term goals are achieving each grade from where you are now until blackbelt. Even these can be broken down into smaller short term goals, even on a class by class basis.

Just as there are two types of goals, there are two techniques you can use that will help you achieve your goals.

The first is to commit your goals to paper. Writing them down is a magic formula that will make it so much easier to achieve your goals. We forget much of what we think, but can refer back to everything we write down. I would encourage you to write them down and refer back to them whenever you suffer a setback, as this reinforces what you are trying to achieve. Writing your goals down also makes them "real", you now have a plan to follow, and things get done when you have a plan of action.

The second is to visualise them. Visualisation is a very misunderstood and underrated technique. If your aim is to reach blackbelt, visualise what it will be like when you achieve it. What will your test look like? How will it feel? Who will be there? For all the goals I have set myself, I have always visualised myself achieving them, and the funny thing is that I have achieved all the goals I have ever visualised. If you visualise enough, it sinks into your subconscious and then it cannot fail to become reality.

I therefore encourage you to set your goals for the year. Your goals should be stretching but achievable, and you should have a plan of how you are going to get there. Also ask for help, people who achieve great things in their lives rarely do them alone. Share your goals with your peers and instructors, they also want to see you grow and reach your goals. Make 2005 a year of personal achievement.

Train hard,


