

Making our Goals Happen By Results of Our Effort's

By Sensei Paul Munoz

Determination and focus are the basic fundamentals and the foundation of success. Too often we give up too soon, fall short of our expectations or simply lose interest. Determination means to have a firm intention and with determination we build courage and confidence. To be focus requires you to have the ability to see the end results and to understand the purpose of our goals.

In Martial Arts our goal is to be the best we can be or for some it is being able to achieve a higher belt and for some it may be only for a physical challenge. A person's goal may wish to win a tournament, be the best kicker or lose that extra 10 pounds but whatever the reason may be without the basic fundamentals of determination and focus our goals may never be reached. In each level of our training we focus on achieving the next level (one small goal or level at a time to the larger goal or black belt level) but it is important to us to achieve and understand each step, each goal and to be judged along the way to grade the process. By having enough determination, focus and heart for each level gives us the confidence to achieve the next set of goals and as the results we come to conclusion with our list of goals.

Training Exercise: Read your goal list often and commit on succeeding, create a plan that requires you to remain focus and to stay determined, learn to take small consistence steps to achieve the main goal and judge your performance. Maybe you try taking a private lesson, maybe you take on that diet or maybe you just start by adjusting your attitude. Whatever it may be, our goals only happen as the results of our efforts. Good Luck!