

COLUMBIA TAEKWONDO FOOT NOTES

MASTER CHRIS HICKS, 7TH DEGREE BLACK BELT

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BIRTHDAYS

Jada Hicks 1/13

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How to Set Successful Goals

The most important part of setting goals is to know what you really want. When most people are asked what they really want, they usually give pretty uninspiring answers. General answers like, "I don't know" or "to do better in school" or "to make more money," do little to motivate ourselves toward achieving our goals. Most goals we set for ourselves are never realized because we make "white belt" mistakes when setting them. There are a few simple rules you can use to achieve more. Here are a few smart rules to use for setting for smart goals.

You Must Know What You Want

Knowing what you want is like using a map and knowing where you are going. If you don't know where you were, where you are going, or even how to get there, the chances of your success are very small. When you decide on a goal, ask yourself, "Why do I want to achieve this?" That will often help you to clarify your goals.

Your Goals Must Be Realistic

In Taekwondo, it would not be very realistic to set a goal of earning your Black Belt in 3 months. So when setting other goals, make sure to use your "Black Belt" perspective. Ask yourself, "Have I given myself enough time? Is this within my abilities?" Don't be afraid to set high Standards: just make sure they are obtainable. There is a saying that states, "People over estimate what they can do in a year, and completely under estimate what they can do in ten years."

Long-Term/Short-Term Goals

If the goal is big, break it down into smaller steps— the smaller the better. In Taekwondo, there is only one goal: to earn a Black Belt. But that doesn't mean that the goal can not be broken into several steps along the way. Each step should take you closer to your goal.

Are You Motivated to Achieve This Goal?

If the goal does little to inspire you at the onset, how difficult will it be when you really have to work hard at it? Find a goal that will keep you motivated and moving forward.

Hard Work is the Key

It has been said that even average people can achieve excellence with a positive work habit. In martial arts class, everyone starts with no prior experience, many having never exercised or involved themselves in any sport. Yet, within a few short years, these very same people will have earned their Black Belts. Not because they possess any special skill to start with, but because they worked hard to achieve their goals.

Don't Get Side Tracked

Don't let distraction take your focus off the goal. If you find you are going in the wrong direction, make small changes to get back on track.

Review

Upon reaching your goal, look at where you are and set a new goal. It is like the man who all of his life had seen the mountain on the outside of his little town. Every day he vowed that someday he would climb it. Then one day, feeling adventurous, he started to climb. It took him several weeks, but upon reaching the top he looked around. He was surprised at how much farther he could see when looking from the peak. His whole perspective changed.

QUOTE

**IF YOU HAVE A DREAM
AND YOU'RE WILLING
TO WORK — YOU CAN
BE A SUCCESS.**