



## *Instructor Weekly Messages*

Goal setting is the process you use to set your direction in life. By setting goals on a routine basis you decide what you want to achieve, and then move step-by-step towards the achievement of these goals. By knowing precisely what you want to achieve, you know what you have to concentrate on to do it. You also know what is merely a distraction.

Goal setting is a standard technique used by top-level athletes, successful business-people and achievers in all fields. It gives you long-term vision and short-term motivation. It focuses your acquisition of knowledge and helps you to organize your resources.

By setting sharp, clearly defined goals, you can measure and take pride in the achievement of those goals. You can see forward progress in what might previously have seemed a long pointless grind. By setting goals, you will also raise your self-confidence, as you recognize your ability and competence in achieving the goals that you have set. The process of achieving goals and seeing this achievement gives you confidence that you will be able to achieve higher and more difficult goals.

Goals are set on a number of different levels: First you decide what you want to do with your life and what large-scale goals you want to achieve. Second, you break these down into the smaller and smaller targets that you must hit so that you reach your lifetime goals. Finally, once you have your plan, you start working towards achieving it.

Being a successful Instructor goes beyond teaching kicking and punching, to measure your success and impact on your student's lives see what an impact learning the value of goal setting has upon your students. Focus on teaching and embedding goal setting in your students just as much as the martial arts techniques you teach. Help them to set the goal of becoming a Black Belt Leader.

Teach each curriculum section with goal setting as the central theme. Use as many ways as possible to be creative and disguise repetition when teaching goal setting, help them to set small goals and targets ie number of exercises, hitting the pad, visualising a technique, knowing what they want etc.

## *GOAL SETTING*



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### **1. Black Belt Success System**

1. Know What You Want
2. Make a Plan & Have a Success Coach
3. Take Consistent Action
4. Review Your Progress & Renew Your Goals

### **2. Know What You Want**

Without a target you cannot aim, and without aim you cannot achieve success. Decide what's important and what you would really like to achieve. Write your goals down, cut out pictures, this helps remind you what's important to you. Goals are dreams written down.

### **3. Make a Plan**

Before a house is built, every detail is prepared with plans and specifications, before a single brick is laid. This planning ensures the end product is successful. You can't just hope to achieve your goal, you must work backwards from your destination, and plan your route. Remember If you fail to plan you plan to fail.

### **4. Have a Success Coach**

You don't have to re-invent the wheel to achieve your goals. Find some-one who has already achieved them. Copy their attitude and beliefs, and ask questions, this will save you a great deal of time by learning from their experience.

### **5. Take Consistent Action**

It's stupid to want something and do nothing about it. Each day you will be closer or further away from your goals, your actions will decide which. Inch by Inch it's a cinch, yard by yard it's hard, take small steps towards your goal each day.

### **6. Review Your Progress & Renew Your Goals**

Review your goals – are you making good progress?, do you need to change your approach?. Remember there is no such thing as failure just learning. Don't wait to achieve your goal before setting the next, students don't decide that they are going to university after completing their A levels, otherwise no one would ever go.

### **7. Visualise**

Visualising is using your mental DVD player, imagine your self achieving your goals, close your eyes. How do you feel achieving your goal in your mind. What you think about is what you become, the more you think about your goals the more they happen.

### **8. Commit To Success**

Black Belt Commitment is about going through a door and closing and locking the door behind you. And going out the other door in front no matter what. You will Develop unshakable perseverance and commitment on your journey to Black Belt. Do you hope you will achieve your goal or do you know you will, have belief in yourself.