



# KICKIN'!

*Yes, Christmas is over, but here is a way to get anything you want in life...*

## The Black Belt Achievement Plan:

### 1. Know What You Want

Listen to your head *and* your heart. Worthy goals not only look and sound great, but also feel right too. Undo stress is a warning sign that your mind is writing checks that your body can't cash!

### 2. Have A Plan

Ever hear this? *'If you are going to Disney World you'd better have a map.'* If you want it, write it down and figure out the steps to getting there, and for goodness sake be specific! Get a pencil and a big fat eraser, write it out, and then put it where you will see it every day.

### 3. Practice, Practice, Practice

If you are trying to master a skill, improve your fitness, figure out Geometry proofs, or learn a new language the key is consistent practice. This is where most goals and dreams go to die. Did you know that if you do something for 18 days in a row it becomes a habit? Don't take my word for it – try it yourself.

### 4. Review Your Goals/Renew Your Dreams

Ask yourself...

*'How am I doing?'*

*'Am I staying on course, or am I drifting?'*

*'I'm doing great! I'll hit the mark no problem'*

*'Yikes! I'm slipping I need to get back to work!'*

