



Goal Setting for Greatness!

BLACK BELT SUCCESS FORMULA

#1. Set a Specific Goal

Setting the goal of becoming a highly skilled, well conditioned **BLACK BELT CHAMPION** is very motivating and life-impacting. It brings out the best in everyone and keeps people of all ages on a path of positive self-development and constant improvement.

Where are you in your journey of personal excellence? _____

Where do you want to be in the next 6-12 months? _____

#2. Design a Massive Action Plan (M.A.P)

Every important goal in your life, especially the goal of becoming an **A-Rated BLACK BELT CHAMPION**, needs an action plan to make it happen. Your Massive Action Plan might include your training days, your nutrition plan and/or extra fitness and conditioning.

#3. Massive Action - Massive Results

Once you've designed your Massive Action Plan, it's time to take massive action. Well directed and well thought out actions always lead to positive, progressive results. The more actions you take, the better the results you create.

#4. Study/Analyze Your Results

Everyone needs progress check points and measuring rods. The better you measure it... the better you can manage it. By giving yourself an occasional check-up, you can easily determine if your plan is working. Sometimes, the plan is good, but you simply need MORE action, other times you need to take BETTER actions.

#5. Continue what Works - Change what Doesn't

Simple advice, yet you would be surprised how many people need this simple and powerful reminder. If something is working for you, keep doing it over and over. If something isn't working, simply change your approach.

Always keep your most important goals fresh in your mind and take action everyday until achieved.

A GOAL PROPERLY SET IS HALFWAY MET!

