



Academy of Kempo Martial Arts

If in the past you have not been successful at keeping your New Years Resolutions, that's ok. It's a New Year, and a new start.

First and most important, become a goal-oriented person. This will take perseverance and determination. People who are goal-oriented do not always succeed at their goals, but they don't give up either. You will fail at some things and be successful at others.

Here are some guidelines in setting your goals:

- Make sure the goal you set is your goal, and that you are doing it for yourself.
- Take action towards your goal.
 - Work in a fashion that will help you to achieve the goal.
 - Don't take short cuts.
 - Don't confuse hard work for accomplishments. You must work at the proper things to accomplish.
- Seek help if you need it.
- Share your goal with people who are goal-oriented.
- Have short-term goals as well as long-term goals. Your short-term goals should be consistent with your long-term goals.
 - For example if someone set a goal to lose 30 pounds, that would be a long-term goal. The short-term goal would be to lose 5 pound a month for the next 6 month. Breaking down the goal like this will help you to monitor your successes and help you stay on track.
- Take responsibility for your actions. If you blame others for set backs, you will not learn the valuable lesson or lessons that can help you to achieve your goal. Remember to learn the lesson and move on.

It is said that those who have failed the most have also achieved the most. That is because they kept on going. They didn't quit.

Good luck, be well and the future lies in your hands.

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