

# Kickin'

Published Monthly for the Friends and Family of this NAPMA School

## Set and Work Toward your Goals and You Could Achieve More!

**T**wenty years ago, a Harvard University professor conducted a study, asking approximately 100 people how many of them set goals. Only 2% set goals and worked toward them. Twenty years later he re-interviewed the same group and found that the 2% who had set goals accomplished more, and had a net worth 10 times higher than the rest of the group: quite a powerful testimonial for goal-setting.

Usually, the New Year is a time to set goals and plan for the upcoming year. Many people have high expectations of what they want to accomplish: lose weight, eliminate debt, become a better person or quit smoking or some other bad habit.

They set their goals and start a quest for self-perfection.

Simply setting a goal is not enough, however. Without your M.A.P. (Massive Action Plan),

you are not armed for the battle. Your MAP is the plan that takes you from start to finish. People who fall short of accomplishing goals may not have had a clear plan of how to reach the end result. For instance, not only must you set a goal, but also you must develop a plan, take consistent action, work with a success coach, review your progress and renew your goal. I teach my students that goal setting and follow-through are imperative to success, whether achieving your Black Belt or having the best marriage possible.

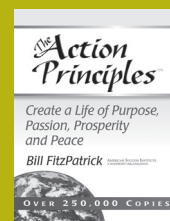
Consider, for example, the goal of losing weight. This is an admirable goal if you weigh more than your ideal weight; so how do you do it? You must have a diet and exercise plan, and daily activities: aerobics, martial arts or walking. It's very important to find a success coach to push you and keep you on track. Act consistently every day and work toward your goal. It takes 21 days to develop a good habit, so be consistent. Review your progress. Take the time to recognize the steps you are taking. Acknowledge your accomplishments. If you have none, then reassess your plan. Renew your goal. This step is important because it helps you achieve the goal by realizing why you set it in the first place.

Goal setting is like a science; so set your goals and perform the activities to move forward. It is easier than 1-2-3.

## action principles

### Spread Your Enthusiasm

When you first organize your day and anticipate the opportunities and enjoyments you've planned, you generate your enthusiasm for life and are ready to spread it to others. Be known as a motivator. Ask others about their goals and how you can help them. Make people feel a part of a successful team. Look for opportunities to praise and reward.



*Bill FitzPatrick is a 5th-degree Black Belt, holds a Master's Degree in Education and runs the non-profit American Success Institute at [www.mastersuccess.com](http://www.mastersuccess.com).*





## Martial Arts Success Stories

KIDS ZONE

personalProfiles

### Personal Profile



#### Martial Arts Teaches Me to be a Leader

By Derrick Holmes, Age 13

I am a 9th grader, living in Clinton, Maryland. Learning various martial arts disciplines has helped me build confidence, self-esteem, strong leadership skills and respect for others and myself. It has also helped me make good decisions, regarding my choice of friends.

The skills I have learned have made my lifestyle both positive and enjoyable. I am better able to identify potentially dangerous situations, and stay in a positive environment with positive people. I have been able to overcome peer pressure and remain focused in school and martial arts.

With the leadership skills and high level of motivation I have gained from participating in martial arts, I would like to own a graphic design business. I plan to continue my martial arts training throughout my adulthood.

*Derrick Holmes is a student at Lloyd Irvin's Martial Arts in Camp Springs, MD.*

## Kickin' Kids

Korner



Welcome to Kickin' Kids, the mind-boggling, brain-teasing section of Kids' Zone. If you score: 10, you are a Grandmaster; 9, a Master; 8 or 7, an Advanced Student; 6, an Intermediate Student; 5 or 4, a Beginner Student; 3, do 10 sit-ups; 2, do 10 push-ups; 1, do 10 sit-ups and 10 push-ups.

Martial Arts Word Search: Happy New Year! Highlight the words or phrases associated with goal setting listed below that you find in the word-search grid. By Kathy Marlor

O	Z	D	Z	R	I	K	J	L	Y	K	F	C	U
M	B	R	G	G	G	V	E	Q	G	B	T	A	K
T	S	E	W	B	L	O	E	Z	N	I	Z	C	F
R	U	V	J	S	E	P	C	I	Z	I	K	H	U
V	C	I	M	A	E	L	G	O	A	L	B	I	T
V	C	E	G	J	C	E	I	H	D	N	P	E	B
A	E	W	Y	P	F	X	I	E	D	N	L	V	W
I	E	E	G	X	H	O	X	T	V	Q	A	E	Z
R	D	L	L	S	N	E	O	T	O	E	N	I	R
B	S	E	D	E	C	I	D	E	C	S	I	T	C
S	X	Z	V	K	W	E	P	C	C	X	Q	T	Z
N	Q	R	Z	B	J	M	G	X	G	U	O	H	M
S	C	O	A	C	H	K	F	V	C	C	U	X	N
M	E	A	S	U	R	A	B	L	E	R	C	D	T

The following words can appear either across, up and down or diagonally: Measurable, Goal, Coach, See It, Believe

It, Achieve It, Review, Decide, Plan and Succeed.

# Healthkick

Committing to a Healthier You

By Jennifer G. Galea MS RD

## Small Changes, Big Impact!

During this past year, I volunteered for the Wellness Committee at my children's elementary school. Our charge was to improve and/or establish programs focused on wellness, including activities, foods, education, etc.

As a registered dietitian, with almost 20 years of experience in the wellness field, I opted for the subcommittee on nutrition. Our aim was not only to improve the school's menu, but also establish nutrition and "food" education programs. We made menu substitution recommendations, provided educational resources to parents, and suggested ways of incorporating nutrition education into other school subjects, such as math, science and language.

What was most exciting was to show how tiny changes could have a huge impact on the overall diet and wellness of children. That's a lesson we can all learn and implement daily, as we enter the New Year.



Examples of small changes that could have a great impact on your health: Reduce the amount of sugar in your tea; replace the mayonnaise on your sandwich with mustard; train an extra day each week; take that fun kickboxing class you've been considering; take the stairs instead of the elevator; park on the far side of the parking lot; or commit to train with your child in class.

It's the accumulation of these small modifications to your routine that will make significant differences in your diet and energy level. In addition, each time you make a healthful decision, you reaffirm your commitment to improve your health and well-being. Your body will thank you for fueling it with good food and adopting a healthier lifestyle. You'll feel like a finely tuned automobile rather than a car that merely goes (most of the time), when you push the accelerator.

Give your year a jump-start. Identify parts of your diet and activities that could be improved. Then, decide to commit to those changes; and implement them! Start slowly, and add more as you feel more comfortable with the changes you've already made. Good luck in the New Year!

# NAPMA SCHOOL UPDATE

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