

Wed 2/8/12

Goals set at beginning of year: did we reinforce our goal setting or did we give up because it takes so long!

7 basic techniques: include that in kicking and Krav Maga - use targets in our classes!

Interest in life skills: more important for parents.

If you don't have personal goals you can't stay motivated! Optimize based on your own goals.

Make 1 small goal a day that's achievable. Make sure it's SMART → leads you to a bigger goal. (SMART)

Set 1 goal now personal and 1 in your business. Goal setting and planning should consume 20% of your day.

Focus on what you want to be. Don't get lost in what you want to have.

Use the life skills!

New Krav curriculum. Grappling off (out of) beginner's Krav.

March 31 → Col at testing

2 fit: very specific - count it, measurable, move up in rank. Absolutely insist

improve and guarantee. It's specific.
It's all by ~~design~~ ^{design}. Face & Back.
If you follow the prescription it will
work. Designed to make your body
strong enough to do other things.
Keep track of the repetitions and students
have to enter their numbers!

It's like having a personal trainer in the
computer. ^{How would you like to take care of it?}
Credit card close → May I have it — would you like
to leave your monthly payments on this card!

Every membership should be DRAFTED.
After everything ask for the cash → To everyone.

— The Model — — Your Model — Break it down
in weekly clips or monthly clips then
yearly — Are you working your model? Pick a
goal — pick a good reason to be there. And
work, it! The picture at the end is so
big!