

# Spring Into Success

*Revisit Your Goals, Stay on Track, Become an Achiever*

Welcome to the first or next step on your journey towards Blackbelt fitness and confidence. We feel so honored that you're joining us, and we look forward to getting to know you better.

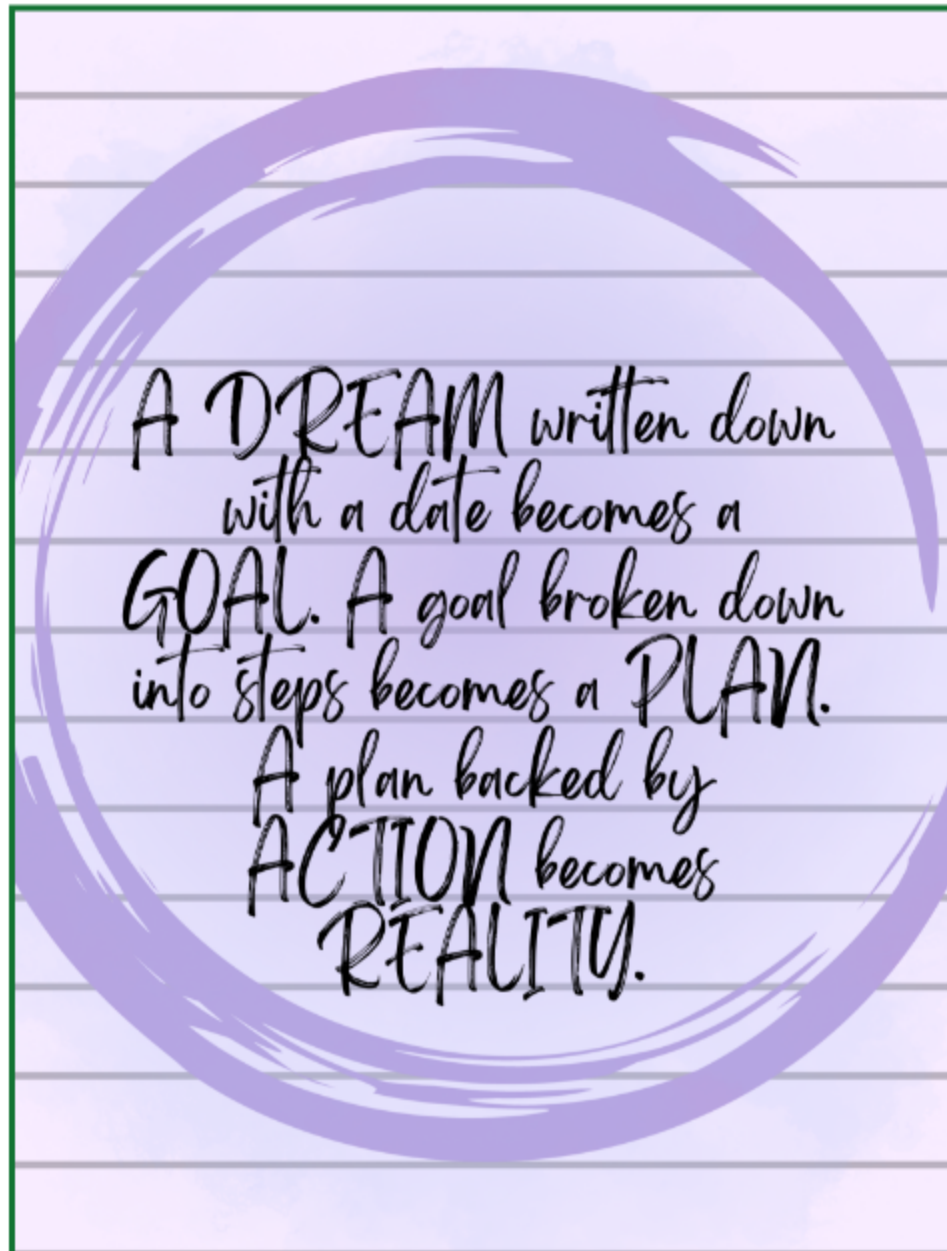
A few simple rules to help you get the most from this experience:

- **HAVE FUN** - Enjoy the process; don't take yourself or others too seriously
- **DO YOUR BEST** - Play full out; try your best for where you are TODAY; If you need to slow down, give yourself permission to slow down and feel good that you are doing all you can do.
- **LEARN SOMETHING NEW** - Try everything without prejudice; you can later decide to take what's useful, and discard the rest.
- **TURN ON YOUR CAMERA** as much as possible - We want to see you; it's the only way I can personally coach you to your next level.

Thanks for making the amazing decision to invest in yourself for these next few days!

- Shihan Carolyn Borton
- Sensei Allie Peters

## *I Have A Dream...*

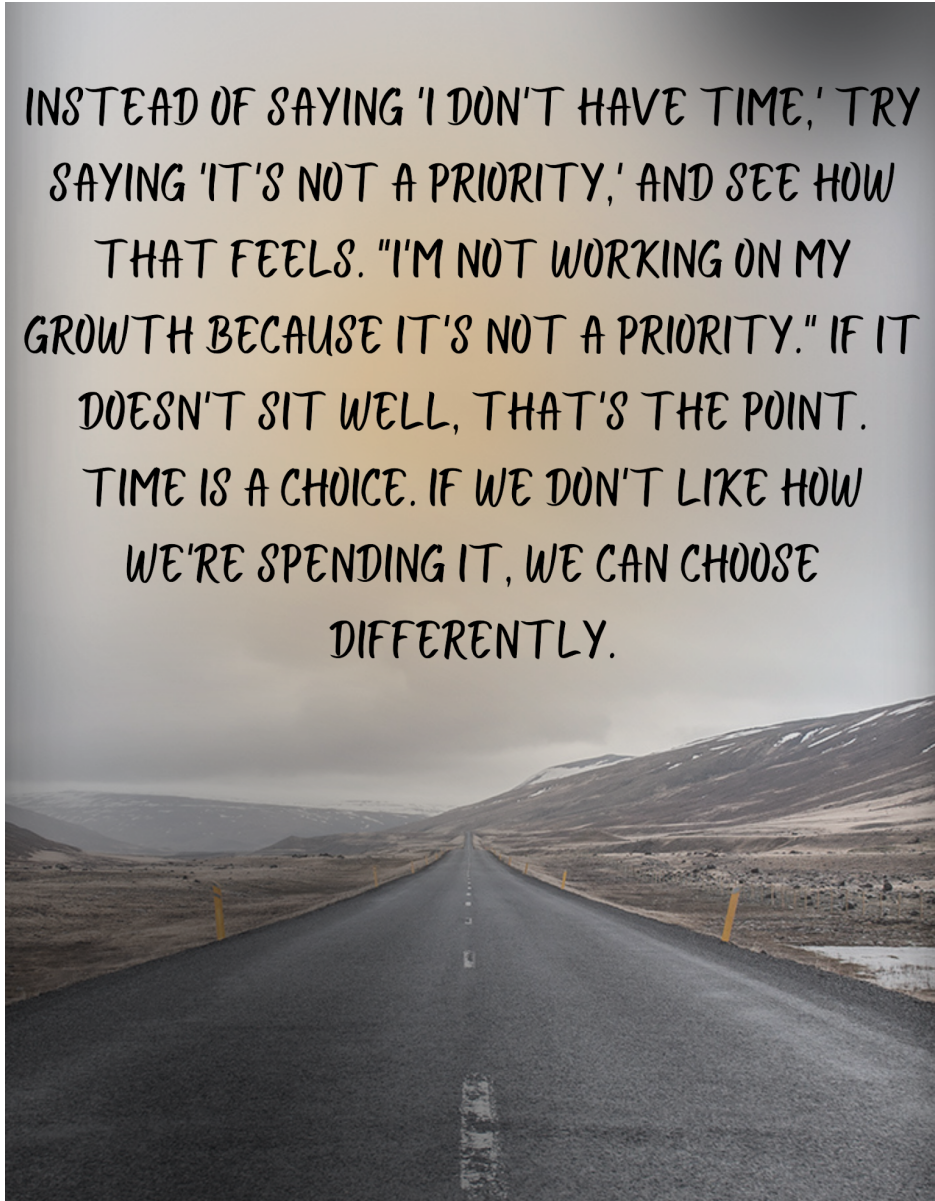


Goals, W.I.N. and Why!

My Dreams	W.I.N.	Date

## Prioritizing

INSTEAD OF SAYING 'I DON'T HAVE TIME,' TRY SAYING 'IT'S NOT A PRIORITY,' AND SEE HOW THAT FEELS. "I'M NOT WORKING ON MY GROWTH BECAUSE IT'S NOT A PRIORITY." IF IT DOESN'T SIT WELL, THAT'S THE POINT. TIME IS A CHOICE. IF WE DON'T LIKE HOW WE'RE SPENDING IT, WE CAN CHOOSE DIFFERENTLY.



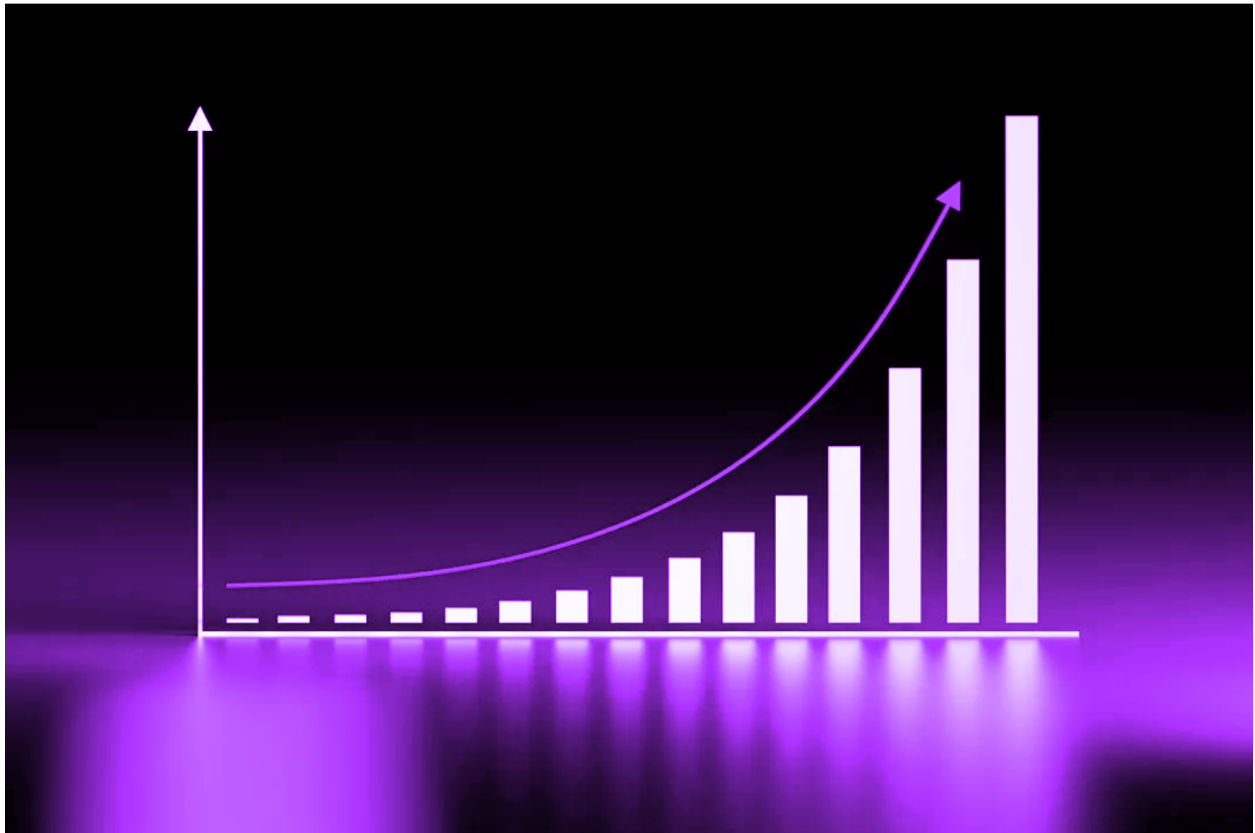
# Power of 1%

My W.I.N. Is...

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My WHY Is...

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Reference Video: <https://www.youtube.com/watch?v=g4mh3kqEDlc>

## Brainstorming

Mindfulness, hydration, eating, stretching, physical activity, effort self-defense, communication, learning, focus (shut off distractions)

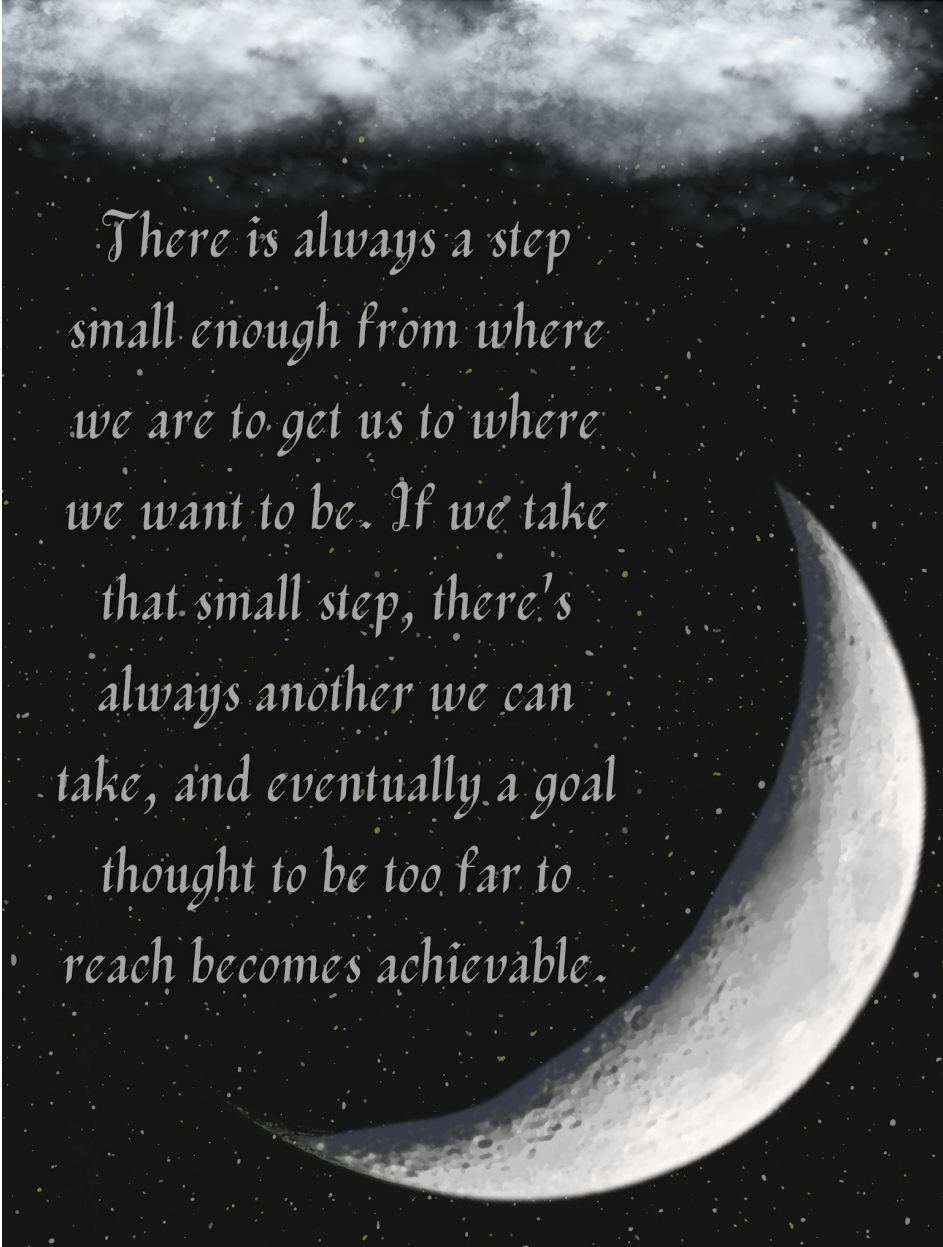
Choose ONE to start, and TWO more to add soon.

1)

2)

3)

## *Law of the Process*

A vertical rectangular image featuring a crescent moon in the lower right quadrant against a dark, starry night sky. The top portion of the image shows a dark, cloudy horizon. The text is centered in the middle of the image.

*There is always a step  
small enough from where  
we are to get us to where  
we want to be. If we take  
that small step, there's  
always another we can  
take, and eventually a goal  
thought to be too far to  
reach becomes achievable.*

## One Small Step...

Think about where you were when you first dreamt about your W.I.N.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What 3 things have you ALREADY done to move towards this W.I.N.?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How have you changed since starting this journey?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What 3 things do you plan to do next to achieve this goal?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_