

SUCCESS THROUGH KENSEIKAN KARATE - 13

PROGRAMMING YOUR LIFE

Think that you are flying overseas on board of a high tech aircraft. There is a time for the departure and arrival. There is a limit to number of passengers. Refuelling locations have been decided and arranged; weather condition taken in to consideration beforehand; flying altitude and speed pre-programmed to the computer system of the aircraft. Therefore making a mistake by the pilot is very rare. If these things not planned and programmed in advance the aircraft may go on the wrong direction and may crash in to a mountain on the way without fuel or due to some other trouble.

So, our lives are the same. People who do not know where they are going and do not program their lives without knowing their own unique abilities crash on their way to “Successful Journey in Life.” These people do not have the courage to carry on with what they started to the finish. They do not revise, review or test their abilities rather fall behind in everything-specially in front of an obstacle. This is due to lack of programming and planning for the Journey ahead. Those people who plan and program with a goal in mind will excel in everything they do. They are the successful and rich. They shine above the crowd. In Kenseikan Karate we expect you to be above the crowd and shine.

Why should we plan our lives?

Present is the result of what you did in the past. What we do now (present) will decide what our future will be. So the creator of your future will be you. Life without a goal and target is similar to a Kite that glides in the air without any control. Nobody knows where it would fall how and when. This principal applies whether you go to school or work. Work is work. Therefore plan and program your life. Lending Institutions do not lend money to businesses or to individuals (or to anyone) who do not have a financial plan. Because they know that the business person with a sound knowledge and a concrete plan will thrive. And therefore the risk is minimal for them.

Have your own Goals and Targets (and a Plan)

Have short term and long term Goals. It is better to have your own plan and program rather than copying from someone else. What is best for someone else may not suit you. Feel free to get expert advice or use examples from other people’s lives.

Have a deadline

Most people have a deadline in various projects in their lives (School) and at work. You can see students/employees are reminded of the deadline and review the progress from time to time. The result is positive. All of those who have a common goal will succeed.

Have long term goals or projects divided in to smaller projects and targets

If your long term goal is to walk from Toronto to Niagara Falls, your first impression would be “it is crazy or impossible”. But if you walk 10 kms. a day which can easily be done, you can walk to Niagara Falls in few days without a dire effort. Similarly, if you win one or two medals in one Karate Ontario Grand Prix tournament at a time, at the end of the year you will be in the National Team. All you have to do is practice (both long term and short term targets in mind). Your Sensei cannot practice for you. But our history has shown that all of you can win which also means that you have the proper guidance you need.

Are you on the right track?

Just to make sure that you are on the correct path to achieve your goal make sure that you reevaluate your schedule, program/plan and the progress. See if you have to make any changes.

Bring all your thoughts into “one thinking”.

Set your mind to what you really need and think about it. Don't worry about the things that are humanly impossible to get. Concentrate on things on your target and achieve. Meditate and practice regularly.

Get the support you need.

Sometimes we cannot do things without the help of others. So get someone reliable or close to help you; it could be merely to hold a punching bag. Ask their opinion. Wonderful suggestions and a constructive criticism can come from anyone who has not done Karate. When things do not go their way, people will criticize and humiliate you. This is not constructive. But, when you know yourself, nothing will hinder you; it will be easier to ignore and carry on.

Ask yourself

Ask yourself what do I have to do to achieve this goal? Think about it often. Concentrate open ideas will be pouring into you. So line up the ideas as per your preference or importance.

To have a STRONG MIND and a PHYSIQUE, You must practice regularly which will train your MIND and BODY alike.

Be a winner in life

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