

## **SUCCESS THROUGH KENSEIKAN KARATE - IV**

### Healthy Existence

#### **1. Creating the Habit of Practice**

It is often said that doing the same thing twenty times in a row will create a habit. I see this in my experience. We all know that most people make commitments around New Year's that they can't keep and/or lose interest in very quickly. The SECRET to success is small, REALISTIC steps towards a healthy, attainable and sustainable existence. Instead of promising yourself to get to the gym, or practice ten times a week, start with ten pushups: practice the weakest technique ten times everyday for a month. (No make-ups the next day, no excuses, just simply DO IT). The habit takes a better role than the talents you are born with. The habit of doing something will create itself and then you can push yourself a bit further the next month.

#### **2. Perseverance**

Don't ever give up on yourself. Believe that you can reach your goals and live your life accordingly. Life moves forward, and so should you. Not easy: it takes work, discipline and patience. What is the alternative if we don't try? Aim high.

#### **3. Variation vs. Boredom**

In Karate-do as well as in Meditation, boredom is a key component in throwing in the towel. Don't let this impede your ambition. Develop a new interest, try something different or a different way of practicing, change but don't stop. Get a few friends and go to a lake nearby and practice together blindfolded, then open your eyes and see the beautiful sunset. Do a respective Kata admiring nature's beauty with respect. Or do ten pushups daily for January, and in February apply a technique from a Kata to your sparring. And so on...

Remember, when you are about to be graded for Black Belt, we encourage Boredom, simply because at that point you should be sharp as a blade, and we don't want anyone who has a tendency to get weaker in any area of his/her life or 'way of' to get a Black Belt and point another in the wrong direction. We also simply do not want to award that prestigious designation to a wrong (lazy) person. Boredom can reverse someone's journey and act as a Devil to destroy you.

#### **4. Forgiveness**

Wow, this is a big one that takes work. Often we berate ourselves missing our day at the Dojo. Missing one day does not break the HABIT. Everything in moderation, and when in doubt choose the middle path. Some days, we just can't get everything done, so forgive yourself, don't give up, get some rest and do better tomorrow. Don't use this as an excuse though.

## 5. Positive Mental Attitude

As you know, this, by far, is the most important to me. As I always say: **THE SHEER POWER OF THE MIND IS ASTOUNDING.** We can go from sadness to laughter with a mere thought. We can bring it to the level of helping you heal illnesses. I can go on and on regarding the power of the mind.

I feel that every moment in our life is a choice: we can choose to think about all the transgressions against us; or focus on what we have to be grateful for. (Think about your parents and teachers who think about you and make so many efforts to help you become a better person in life, so that you can shine among the crowd. If you can not afford a dollar or two, at least spare a special-email or a greeting card at least once a year to give your gratitude and appreciation to those who deserve and feel good about your action.

Keeping our spirits up, trying daily to organize our self-belief that sometimes good enough really is good enough is a tough but rewarding challenge. Don't find excuses to postpone things for tomorrow or later that are to be done today.

**LIFE IS WAY MORE *FUN* AND WAY *EASIER* WHEN WE ARE  
*ORGANIZED, POSITIVE AND HAPPY.***

Don't you think so?

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