



5 Minute Clarity

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"Boxing is the ultimate challenge. There's nothing that can compare to testing yourself the way you do every time you step in the ring." - Sugar Ray Leonard (American Pro-Boxer)

Is Your Goal a Dream or Test?

You will test in February – be ready. Those were the last words I heard from my Sensei who headed back to Japan after teaching us for 5 days in August. Until then I was training for my 3rd Degree Black Belt (Sandán) in the art of Aikido. It had taken me 18 years to get to this point and now the goal of Sandán was no longer a dream. It was real and 7 months from that day I would test to prove whether I was ready for the next rank.

I am happy to report that I successfully passed the Sandán test! What went into that was 7 months of aggressive training. Training was stepped up to ensure that any technique called by Sensei would be executed and demonstrated flawlessly. This meant more of one thing (training) and less of many others such as rest and entertainment evenings in order to adequately prepare for the test.

Your goals are often dreams until someone says you are testing. I often find that goals become real and achievable when there is an "X" (external) factor involved. This X factor involves some form of measurement by other people at a specific timed event.

The challenge is that often our biggest goals are dreams because they lack the X factor. Losing weight, becoming great at something, being a better leader, making more money are all great endeavours, but they won't become real until you put the goal to a test that will require you to show up and perform.

Our Points to Clarity will help you design your test!

POINTS TO CLARITY

1. Pick one major goal you want to achieve this year:

2. When do you want to achieve this by?

Set the Test Date

3. Identify what testing publicly would mean to you. This may involve a presentation, speech, letter, social media announcement or newspaper advertisement.

4. List six people you will tell of your test date:

5. Write below or on a separate sheet all the steps you need to take in order to be ready for the test. Goals become real after taking massive consistent actions.

DECISIONS & ACTIONS I WILL COMMIT TO: