

**DARE TO BE
GREAT**

**ACHIEVE
YOUR GOALS**



What is Goal Setting

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As you have taken the effort to download this report from 5 Elements Martial Arts Academy I'm pleased to tell you that I believe that with planning and a great deal of effort your goals are not only possible to achieve but can actually be exceeded.

What Sort of Goals are Suitable

- Weight Loss
- Obtaining sporting achievements
- Academic Achievements
- Improve your fitness
- Give up Smoking
- Many other Options

Why Use the 5 Elements Approach

How many times have you tried to achieve something and failed, how many times have you set yourself a new years resolution and within days gone back to your old ways. Make no doubt about it achievement is a great feeling and one achievement often leads to the start of another. But doing all of this on your own is not just hard work it is very likely to lead to disappointment as you fail to achieve what you originally hoped for.

The Way We Help You

The first step is for you to start to identify what you are looking to achieve. This doesn't have to be as difficult as it sounds as a great time to start the process with us is to discuss what you are looking to achieve and work with me on a 1 to 1 basis to make these goals clear and identify how you can achieve them. We then set out and agree a plan together on small steps that lead to the goal you are looking to achieve. This plan is reviewed and adjusted to make sure it's not only achievable but challenging and realistic as time develops.

Why Working with Me Makes Such a Difference

I have been involved in the martial arts for over 35 years and strongly believe that the skills developed can help you achieve personal success. I have been a Senior Director in a number of top UK companies; have a Masters Degree in Business, a Fellow of the Chartered Management Institute and an Affiliate of the Institute of Learning. Goal Setting and the ways of achieving these goals is one of my key skills and I am keen to share this with you

Why is this Free of Charge to Members

Members are with us for a number of reasons. Within a class we always try and make sure that all the members are getting the help and assistance they need however due to the numbers at each session the level we can work to is obviously limited. We are therefore keen to find ways of helping individuals who have specific goals. Working 1 to 1 with me is not an easy option as I will be looking for you to achieve specific milestones that we have agreed on, however can you honestly afford not to make the most of your time.

Remember every time you fail to achieve a goal you have set yourself your personal expectation of how successful you could be diminishes. There is no need to accept this false ceiling on your ability, set yourself goals and achieve them and experience success upon success.

After all what do you have to loose, just drop me an email to book your 1 to 1 and we can start to work together to achieve your goals.



5 Elements