

Black Belt Warrior - Introductory task.

This first task is designed to help you to understand the purpose of the 'Warrior' programme and to ease you into the way that I would like you to work on each 3 month project.

Firstly and most importantly, this programme is about helping you to develop as a person. It will show you lots of ideas and ways to think that are available to you. I would not dream of ever trying to tell you what or how to think. My purpose here is to encourage you to think, and show you some ways of thinking that may be unusual or may not have occurred to you.

We are covering many subjects and would certainly never try to convince you that I am an expert.

The thing that I do have, that you do not yet possess, is experience.

At the time of starting this programme, I am 53 years old, I have two grown up sons and I have been working with children since 1980 (35 years). I have had probably thousands of conversations with; parents of children that I teach, children that I don't teach, teachers and other coaches about ideas, concepts and approaches to bringing up children successfully.

Sometimes I have learned valuable new things in these conversations, sometimes I have learned what is best to avoid. Often we can learn as much or more from a mistake (or poor decision) as we do from a success. I would like to think that the information in this programme MAY help you to have fewer disasters than I have had and fewer than if you didn't have this information.

I have to say that, if any advice I offer, contradicts what your parents have told you, don't just follow my ideas blindly. Have a good think about which ideas could work best for you and then decide. Obviously your parents know YOU far better than I do, this information is the same for everyone and everyone receiving the information is not the same.

I have put myself in the joint position of parent/martial arts instructor when putting together these ideas and, put in its simplest form, they are designed to help you to have the happiest, most fulfilled, successful, enjoyable life possible.

Unfortunately I can't promise that will be the case. Getting these things to happen is massively down to you. I can easily give advice, that's a very simple thing to do. Acting on the advice and keeping at it until you are successful may often be hard work. In my opinion though, the hard work will be worth it. I have tried to not ask you to work hard when there is no benefit to it.

I think that's all I need to tell you so let's get started with the first task.

Creating the Person you would like to be.

I didn't realise that I could choose who I wanted to be, I thought that I would just grow up and BE someone. I didn't know what sort of person I would be like, I suppose that when I was little, as I was a boy, I would grow up to be just like my Dad. As I got older, I realised I might be a bit different and I might want to make myself a bit different.

The thing is though - you are young, you are learning, growing, developing, maturing, you can go in any direction that you would like to go.

Let me explain a bit more. I like the idea of role models and I like the idea of taking certain things from certain role models. For instance, I admire Richard Branson. I don't know very much about him but, the things I do know (or at least I THINK I know), I quite like. The things that I admire about him are; kindness, fairness, well organised, successful in business, likes to try new things, cares very much for his family, looks after the people who work for him. So, Richard Branson could be my role model for some of those things.

I don't know what his fitness is like so I would look to a different role model for that. I think that Daniel Craig looks the way that I would like to look (when he plays James Bond) and he is obviously very fit because of all the running, chasing and fighting that he does on film. So maybe I would choose him as a role model for this aspect of my life.

I don't know what either of those guys is like in terms of education (although I think someone told me that Richard Branson is dyslexic) so I would look to a different role model for this part of my life. Now I like to be realistic and although I would love to be as intelligent and well educated as Stephen Hawkin, I don't think that would be realistic, so maybe I would go with someone like Stephen Fry or Brian Cox. I may not be at their level either but at least I can aim this high.

So I hope this is explaining the way that I see role models. I can't think of a single person who I would like my life to be exactly like, but I can think of lots of people who have parts of their lives the way I would like those parts of my life to be.

You may be able to have a very clear idea of how you would like to turn out, without having ANY role models and that is fantastic too. Sometimes though, role models are helpful.

Anyway, lets get back to this task. I would like you to spend this quarter (grading cycle) thinking about, experimenting with and then creating a plan for, becoming the person you want to be.

Be realistic but adventurous, be sensible but not boring, be honest but not too cautious. Set yourself a goal that will challenge you to become the best version of yourself that you can possibly be, that will encourage you to work hard, that will inspire you.

Task for month 1

I want you to look at many aspects of life and choose a few that you want to work on immediately.

I have suggested 5 here for you that are quite 'general' categories. I have also attached a table for you to put your scores in and 'net' graph to give a visual representation of how successful your life is at the moment.

The categories are;

Health /Fitness, happiness, relationships, where you are heading, self confidence, peace of mind.

I know you may not want to measure success in this way but I had to begin with an example and these are things that I would choose. You can, of course, change the categories that are being measured to things that are more important to you.

the idea is to make the shape that appears on the 'net' graph, as large as possible (making you as successful as possible). Be honest though, this is a 'starting point' for the JBB Warrior programme and I hope you will improve in all of these areas as you get older and become more experienced.

So please go to the table and put in your scores for the areas of your life that I have listed (or, if you can think of better ways to measure your success, use your own).

Task for month 2

Next, I suggest you think of a role model for each of those areas so, for example, you may choose Jessica Ennis-Hill as your health/fitness role model, Fred & George Weasley (from Harry Potter) as your happiness role model, your parents or another family member as your relationship role model, Lewis Hamilton as a role model for where you are heading and possibly confidence too, and maybe Baloo the bear from jungle book for peace of mind.

Now, using your role model for ideas, ask yourself how you can improve your scores. How do you think that Jessica Ennis-Hill looks after her health and fitness? If you put down the things that you think, that would be a start. If you want to do some research, then google will find lots of ways for you to improve you health and fitness (or just maintain it if it's already good).

Do the same for each section of the table and, when you have finished, you will have a plan to help you improve the general quality of your life. A plan on its own won't be any help though, you need to use the plan to make improvements. If it seems like hard work then you are beginning to understand that success is not easy to achieve. The only thing that is easy to achieve is nothing. If you want your life to be full of nothing, always look for the easy option.

Task for month 3 (and maybe the rest of your life)

Look for ways to improve your scores every single day. I think that this is a nice way to live and I hope you will too. But at least for this last month, I would like you to notice any improvements you make and write them down for me.

Improvements made since I started this task

Health/fitness

happiness,

relationships,

where you are heading,

self confidence,

peace of mind.