

Road Map to 2022

Mindset
Values
Effort
Goal Setting
Targets
Planning

Attitude
Self-Belief
Positivity
Openness
Growth

Respect
Humility
Honesty
Justice
Loyalty

Will
Endurance
Perseverance
Patience
Courage

Planning

Execution

Evaluation

Shanghai Luo Guang Yu Seven Star Mantis Kung Fu @ 2004 - 2022 Copyright



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Goal Setting and Planning in 2022

2021 Year in Review

As we close the books on 2021 and prepare to move forward into the new year it's time to take stock of the past 365 days and plan for 2022. This past year was dominated again by a global pandemic that continues to expose vulnerabilities in populations, healthcare systems, and socio-economic equality. Cumulatively there has been over ~281.8mn COVID-19 cases worldwide including ~5.4mn deaths, with a fourth wave currently underway lead by the new Omicron variant.

Despite new rapidly accelerating infection rates and inequalities in global vaccine distribution, significant progress has been made with a total of ~8.68bn vaccination doses administered worldwide to date (WHO, Dec. 28th, 2021). This is tentatively resulting in seemingly flatter hospitalization and ICU rates including hopefully lower death rates. While COVID-19 has brought out some of the worst fears and insecurities in people, it has also brought out the best in social responsibility, human ingenuity, and resilience of human spirit which has enabled us to push through what is hopefully the worst. Time will tell.

During 2021 the world also gained renewed awareness over intolerable social inequities that were further brought into focus by the lock down. For similar reasons climate change engagement has also gained significant traction further spurred on by alarming rates in new droughts, fires, floods, and other natural disasters resulting in immense human casualties and economic loss. A new flagship study was published in The Lancet Planetary Health earlier mid-year that attributes over 5mn deaths annually as a result of global climate change and abnormal temperatures both hot and cold (1).

Going into 2022 we know that things will not be the same. They never are according to Greek philosopher Heraclitus. But there is yet another undeniable constant and that is the unbreakable resilience and optimism of the human spirit. You have a contributing part to play in the next chapter and it is entirely up to you how it unfolds. A good place to begin is with proper goal setting and planning backed by a commitment to live each moment of your life to its fullest with passion, discipline, positivity and kindness!



Master Luo Guang Yu
罗光玉 1888-1944



“My humanity is bound up in yours, for we can only be human together.” – Desmond Tutu



SMART Goals

SPECIFIC

Goals need to be focused and identify a tangible outcome. What resources will you need to leverage to achieve success?

MEASURABLE

Goals need a clear definition of success and need to be quantifiable. Then you will know when you achieve it.

ACHIEVABLE

Goals need to be challenging but reasonable. May reveal potential barriers you need to overcome to achieve success.

REALISTIC

You need to get real with yourself and ensure what you're trying to achieve is a priority. Does it align with your values?

TIMELY

Every goal needs a target date to motivate you to apply discipline and focus. It should be realistic, or you will be discouraged.

Goal Setting and Planning

Goal setting is a powerful process for thinking about your ideal future, and for motivating yourself to turn vision into reality. The process of setting goals helps you choose where you want to go in life. By knowing precisely what you want to achieve, you know where you to concentrate your efforts. In our current environment it is important more so than ever to plan properly.

Reflect

Begin by looking back at your activities over the previous year. Self-reflect and analyze the things you did well and the areas you did not. Be mindful of the latter and be honest with yourself in order to understand the choices you made and how those lead to less than favorable outcomes. In doing so you will understand what you need to do in the future in order to minimize lessor decisions.

Define Values

Looking forward into 2022 it is important to re-assess your life values to make sure they are in alignment with what you believe to be important. These should be simple, explicit, and fixed. These will be your guide-rails to help navigate your life and benchmark decisions. I would suggest you read up on our San He Wu De series which describes in detail concepts of mind, values, and effort. It is an excellent resource that will bring you insight and perspective into your own life planning process.

Identify Areas to Make Improvement

Before you begin setting goals you first need to identify the key areas of your life that you need to focus on. Start with bigger picture concepts like personal, family, work, and studies. Within each of these you can break them down into increasingly more specific sub-categories. The end-result will be a specific list of areas you want to set goals for. As a simple example these can be career, education, family, relationships, health, attitude, physical, etc.

Define Goals and Set Targets

Spend some time brainstorming and select one or more goals in each category above that best reflects what you want to do and accomplish in the new year. Consider timing so that you have a small number of significant goals that you can focus on. You also need to set specific quantifiable targets for each goal that will help you better benchmark performance throughout the year.

Formulate a Plan

The last and final step involves formulating a more granular action plan. Create a one year, six-month, quarterly, and a one-month plan of progressively smaller goals and targets that you should reach to achieve your year-end goals. Then on a week by week basis create a daily to-do list of things that you should do daily to work towards achieving your monthly, quarterly, bi-annual, and annual targets.

Review

Finally, review your plan, and make sure that they fit the way in which you want to live your life. As a check be sure your goals meet the SMART principle. They must be Specific, Measurable, Achievable, Realistic, and Timely. If any of them fail to meet these five criteria then you need to go back to the drawing board.

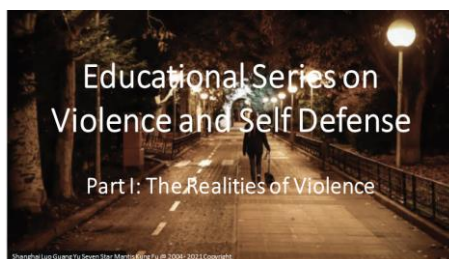
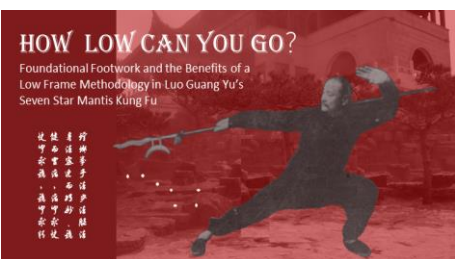
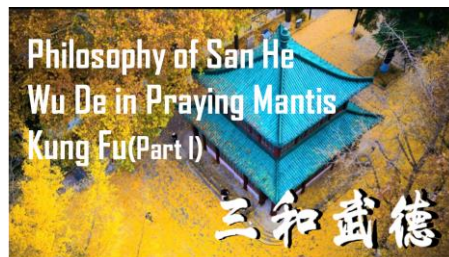
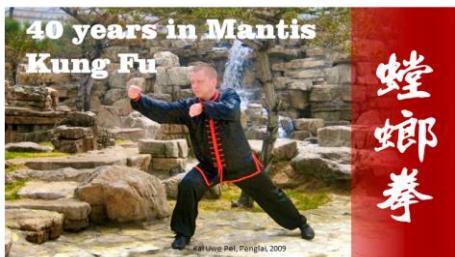
"Today do what others won't, so tomorrow you can accomplish what others can't." – Simone Biles



Closing Remarks

In the context of this years ongoing global health pandemic, and associated regional health risks and economic challenges, I encourage you to maintain a positive outlook, focus on what is important in your life, start planning, and visualize what you want to achieve in the new year. Wishing everyone a very Merry Christmas and all the best of luck in 2022, year of the Tiger!

Train hard, be kind!
Nathan A. Wright
Chief Instructor
China



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Who We Are

We are a diverse group of people dedicated to the transmission and promotion of traditional Seven Star Praying Mantis Kung Fu (Qi Xing Tang Lang Quan). We represent the proud family lineage of Master Luo Guang Yu, who made the style famous in the Shanghai Jingwu Association in 1919. In 2019 we celebrated the 100-year centennial anniversary of Seven Star Mantis in Shanghai.

Seven Star Praying Mantis

Praying Mantis Kung Fu was founded 400 years ago in the tradition of Shaolin, integrating late Ming dynasty martial practices with Chan Buddhist meditation and Neo-Confucian philosophy. It evolved against a backdrop of political instability, social unrest, and large-scale violence premised on the notions of self-preservation, individual autonomy and the natural right to self-defense.

A Typical Class

A typical class in our Northern Praying Mantis Kung Fu system covers a wide range of exercises, skills, and drills. You will learn traditional fighting techniques, application of 12 Keyword principles, physical conditioning, tactical theory, and traditional forms and weapons. These practices have been passed down for hundreds of years, and we continue to strictly adhere to and promote our rich history of combat practices and traditions.

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