

Road Map to 2021

Right mindset
Right Values
Right Effort
Goal Setting
Targets

Attitude
Self-belief
Positive mindset
Open mindset
Growth mindset

Values
Respect
Humility
Honesty
Justice
Loyalty

Beliefs
Will
Endurance
Perseverance
Patience
Courage



Goal Setting and Planning in 2021



Goal Setting and Planning

The end of another year is quickly approaching making it the perfect time for year-end reflection and new year 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.

Reflection

Begin by looking back at your activities over the previous year. 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 questionable outcomes. In doing so you will understand what you need to do in the future in order to minimize lessor decisions.

Defining Values

Looking forward into 2021 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.

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[Part I: Three Harmonies & Martial Values and Cultivating the Right Mind in Praying Mantis Kung Fu](#)



[Part II: Cultivating the Five External Values and Right Moral Standing in Praying Mantis Kung Fu](#)



[Part III: Cultivating the Five Internal Virtues and the Right Effort in Praying Mantis Kung Fu](#)

"Humility is about inner strength, keeping your ego in check, and living a humble life. It requires nothing less than complete honesty about yourself and is an attitude of understanding your position as a lifelong learner."



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

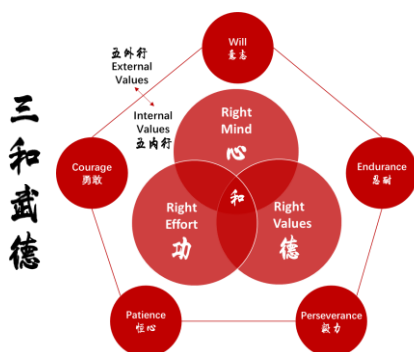
Goals need to be challenging but reasonable. May reveal potential barriers you need to overcome to achieve success.

REALISTIC

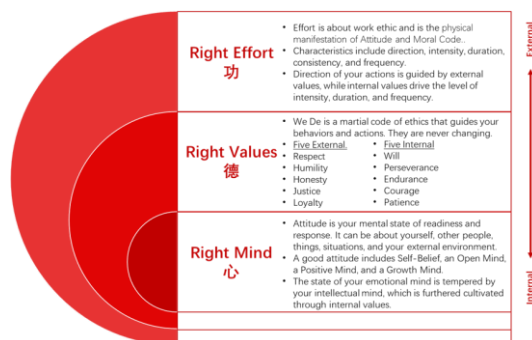
You need to get real with yourself and ensure what you're trying to achieve is a priority. Does it align with your values?

TIMELY

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



Three Harmonies Five Martial Values



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 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 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.

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 2021, year of the Ox!

“Will is about discipline of mind, determination of action, and self-regulation. It is about clarity of purpose and the capacity to override short term emotions to achieve your goals. An indomitable will endows great strength and the ability to reach your goals.”



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[Conceptual Levels of Training in Luo Guang Yu Seven Star Praying Mantis Kung Fu](#)

Mantis Publications & Research



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

Seven Star Praying Mantis Kung Fu is an open hand combat system originating out of Shandong, China, ~ 350 years ago, and is widely considered to be the apex of traditional Chinese martial art. Born out of the Shaolin tradition, it is a fighting system codified by a diverse group of fighting techniques (kicking, striking, grappling, and throwing), and governed by a holistic body of combat strategy, tactics, principles, theories, and training methodologies.

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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