

Four Keys To Finding Happiness

1. Commitment

A person who has developed the quality of commitment will find success in just about every area of their life. Alternatively, a person who lacks commitment will live their life always 'hoping' that things will get easier, or better without any extra effort. This is why it is all too often commitment that is the difference between the successful person and the failure. Two people can have very similar skill sets; they can both face very similar setbacks and disappointments. Yet in the end, it is the person who continues to get back up each time they fall, who does not compromise on their goals or values that will find success and happiness – often in the most unexpected hours.

» We develop commitment by committing to get to class each week. By committing to put in our best efforts. By committing to our karate goals. This then becomes the person that we are.

2. Discipline

No one can achieve anything without discipline. Like a throttle, the more we turn it up the quicker we reach our targets. In any endeavour we undertake, there will be times where we wish our time was placed elsewhere. It is in these moments that our destiny is shaped. The person who does what they know they 'should' do will find ultimate joy and happiness. Meanwhile, the person who is constantly shying away from what they should be doing will always be playing the 'one day I will be happy and content' game. Ask yourself, do you exercise discipline in all areas of your life? If you do not, catch yourself and out and ask yourself, 'is it really so bad, so hard to do what must be done to achieve my goals?'

» We develop discipline when we continue to practise those techniques we struggle with. When we train at home. When we get to class even when we are tired from school or work.

3. Focus

Commitment and discipline will help us achieve our goals, but focus will determine how quickly we arrive. Committing to get to class, and using discipline to work on those things we struggle with is a start. When we focus 100% of our attention on the task-at-hand, we start to really make progress.

» We develop focus by setting targets (goals). With no target to focus on, your mind will wander and you will halter in your development. We develop focus by keeping our mind on the job and by eliminating the habit of daydreaming.

4. Responsibility

Responsibility is a quality that involves a person looking outside of him or herself. Commitment, discipline and focus will help us achieve our goals but no one can achieve anything, including happiness, without the help of others. Being responsible, or accountable to your friends, family, project team etc is vital if you are to move forward as a successful individual and fulfilled human being.

» We develop responsibility by becoming accountable to ourselves and by helping others along their karate journey by way of encouragement, support, and example.

