



Goals of Tiger Taekwondo-Jang

- 1. Possess a confident mind and attitude in everything that you do.** If you believe that you can do it, then you can! Set goals far enough ahead as to require continuous improvement and effort, but not so unrealistically far ahead as to be unreachable - the resulting success will build confidence in your ability! Set goals, work towards them and in doing so, you **become the best you can be!**
- 2. Have the determination and conviction to complete whatever task you have at hand.** If you constantly apply yourself with confidence, you will achieve whatever you undertake...an attitude of determination can be carried into all aspects of your life.
- 3. Strive to understand others,** and in doing so, adopt an attitude of gentleness and empathy towards others.
- 4. Adopt a thankful attitude** for all that life has given you and a willingness to share your good fortune with others. Be aware of and appreciate each day's gifts – pause for a moment and give thanks.
- 5. Seek to understand your purpose in life and improve your weaknesses** by being true to yourself. The biggest challenge will be looking within, discovering your purpose and living out that purpose. The key is to create a purpose for which you have a passion. If you can establish an ultimate goal or mission in your life, you will have a driving force to keep your life exciting and interesting. This will ensure you are constantly growing and learning.