

Step by Step

by Jian Shin

If you want to be great at something, don't just jump to the top. First, set small goals. Setting small goals are like dividing the top goal. For example, you are chopping a veggie with a knife. So, in your head, you are chopping the top goal into small bits.

Second, make small challenges. Go like two bits ahead. (Two bits

mean two goals.) If you are at beginner level, and if you feel like the challenge is hard, just try it. And if you fail, it's okay. Just go one goal or a half goal down. If you fail again, go a half goal down or one goal down. You still improved. You're practicing.

Now, let me tell you my story. About one year ago, I started taekwondo. First, I started as a white belt, then moved up to yellow, purple, orange, and here came the

surprise. My master invited me to be in poomsae team. Poomsae is a thing that you have to memorize to level up belts. It requires taekwondo basics, order, movements, and posture. My first big goal was Nationals gold medal. My small goal was gold at local tournament. Then my work paid off. My dream came true. The result was local gold, and then Nationals gold! I was very happy with the result. And I hope one day you

Finally, follow my directions
exactly and later, I hope you
achieve your final goal!