

## **ROUTE OF THE MASTERS**

**Aims** are general and long-term. The main Aims of Shaolin Qigong are:

- Health and Vitality
- Longevity
- Internal Force
- Mind Expansion
- Spiritual Cultivation

**Objectives** are specific and short term, usually no more than six months in duration. If an Aim is specific, measurable and time orientated, it is more likely to be an objective. It is useful to break Aims down into smaller chunks:

**Aim -** Overcome Depression.

**Objectives-** Understand how Chi Kung works by attending a Shaolin Cosmos Qigong Course.

Learn and practice the best Qigong pattern for overcoming depression every day for 4 months checking my progress regularly.

### **S.M.A.R.T. Objectives**

**S –** specific: do your objectives say exactly what it is you need to do?

**M –** measurable: can you show proof that you have achieved your objective?

**A -** achievable: can you achieve it in the time you've given yourself?

**R -** relevant: is your objective in line with your "Aim?"

**T -** time related: is your objective set within a time frame?

### **NOTES**

- Make certain that your Objectives are inspirational to you. Ask yourself "Why?" do you want to achieve this? What will achieving this Objective mean to you? If you find a big enough "Why?" you can achieve anything. Think about what would inspire you to get out of bed early, or stay up late or make the necessary sacrifices to achieve them?
- Make certain that your Objectives link directly to your Aims. E.g. Suppose my Aim is to see the worlds most beautiful sunset, if one of my objectives is to keep travelling East, then I will never see a single sunset. Make sure that your objectives take you closer to your aim!
- Remember, setting aims and objectives can be used not only to improve your Shaolin Kung Fu or Shaolin Qigong practice. You can set aims and objectives for any area of your life and get better results in a shorter period of time.

## **ROUTE OF THE MASTERS**

**VISION:** If you had all the time, money, resources, contacts and everything you need, and you want to design your life perfectly, what would it look like 10 years from now? (Brian Tracy) \_\_\_\_\_

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**Aim** relating to **VISION**: \_\_\_\_\_

**Objectives** relating to **Aim**: \_\_\_\_\_

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For **one** of the objectives listed above (use a separate sheet for each objective), make sure it's S.M.A.R.T!

**SPECIFIC**: \_\_\_\_\_

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**MEASURABLE** (how will you know when you've got it?) \_\_\_\_\_

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**ACHIEVABLE**:      YES/NO      If NO then go back and review your objectives!

**RELAVENT**:      YES/NO      If NO then go back and review your objectives!

**TIME** (How long do you give yourself to achieve this objective?): \_\_\_\_\_

Note: if you're giving yourself more than six months, this might be more of an Aim than an objective.

Now make sure your objective is inspirational by knowing the answers to these questions:

- What will achieving this objective mean to you?
- Why do you want it?
- What will it take to get you out of bed earlier in a morning?

Achieving our objectives is only one of the benefits to be gained, it's who we become in the process of realising our aims and objectives that is important.

Write out your S.M.A.R.T.-er Objective in full: \_\_\_\_\_

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Think of one thing you can do now to take you one step closer to achieving this object. Commit to doing it!

**Remember: *a remarkable life is made up of remarkable days.***