



O'Sensei Pedro's Leadership Super Session 05 – April -2006

FOCUS

- Introduction to Leadership & Welcome New People
- Polite Greeting
 - Leaders and Champions are members of the shake and smile club
 - Leaders ALWAYS help other people
- **Review Previous Theme – Visualization & Positive Thinking**
 - Student(s) Lead Class – “Leader and Champion”
 - Success Stories

Mental Training: FOCUS is when my eyes HIT the target before my BODY does!

- Student(s) lead class on FOCUS
- Review 10 Key Points About Focus (Other Side of Sheet)
- Students pick FOCUS (Goal) - Student(s) lead class on FOCUS

Physical Training: Introduction to Gripping

- Focus on Proper Stance – Tsugi Ashi
- Right vs. Right and Left vs. Left Gripping
 - Focus on Controlling Opponent's Shoulder
 - Focus on Controlling the Sleeve
- Right vs. Left Gripping
 - Focus on Inside Position

O'Sensei Pedro's Leadership Super Session FOCUS

10 Key Points About Focus

Share Story: Keeping motivation for so many years

1. Your FOCUS is Simple and Clear

Think of your focus as your goal (today, tomorrow, or future). What you are aiming for should be obvious.

2. Your FOCUS is Memorable

Your focus must be something that your mind easily remembers. Even the slightest coincidences help you remember where you are trying to go and what you are trying to do.

3. Your FOCUS is Powerful

Power comes from clarity. The clearer you are about what you want, the more personal power you develop and the more energized you are to achieve it.

4. Your FOCUS Needs an Enemy

Every moment you are either moving toward or away from your goal. Your focus has enemies, which can range from bad habits, competition, or the threat of failure. Keeping these enemies in mind will help motivate you to do better and work harder toward your goal.

5. Your FOCUS Needs Short and Long Term Objectives

Long-term focus and planning is more about understanding the consequences and impact of short-term focus and decisions than about long-term decisions. The decisions you make now ultimately affect the outcome later. You need to understand and have a healthy respect of the two.

6. Your FOCUS will NOT Appeal to Everybody

Success is different for each person. Don't be surprised if you receive resistance to your goals. Better yet, expect it!

7. Your FOCUS will Not be Instantly Successful

Life is a process, not a single event. Maintain reasonable expectations.

8. Your FOCUS is NOT a Product

Your hand cannot touch your focus, only your heart can. Concentrate on the benefits received, feelings enjoyed, and satisfaction gained. That is what matters most!

9. Your FOCUS does Not Come Without a Price

Success requires many things, sacrifice is one of them.

10. Your FOCUS is Not Forever

Everything changes, even your goals.