

Monthly Maximise

March 2010

Kia Ora and welcome to our March Newsletter

You will find the following Maximise Tips

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Goal Setting Lessons "My Mountain Bike Story"



Tony Heading down hill towards Taylors Mistake

At the Start of this year I RESET a personal goal. *"To ride my mountain bike from home*

in Halswell to Taylors Mistake, along the tracks, by the end of March 2010". (approx 40km)

I say RESET because I never achieved it the first time I made this goal last year. I allowed other things to take over, and allowed other priorities to push it down the list. I made choices, and decisions that meant it wasn't achieved. I accept that as part of my Learning's, however I still had the BURNING DESIRE (Lesson 1) to tick it off my list.

Well the good news is I have NAILED IT!! and Achieved my Goal !! and I am now REFLECTING on the Process I went through so I can capture what worked, what didn't and use that as my model for achieving other goals.

Lesson 1. Burning Desire

I had a burning desire right from the outset, and was inspired by my goal. By achieving it I knew there would be numerous benefits, like being fitter, healthier, and having more energy. All of these were the reason WHY? and the PURPOSE of the Goal.

Lesson 2. Purpose (Your Why?)

The Purpose is what drives people and it's what drove me. The reasons for doing it and the reason WHY? were the motivators. I have learnt that the WHY? is the most powerful component. If you have a big enough WHY? or reason to do something ...you will figure out the HOW to achieve it. I see so many times people start to strategise and create their Plan or How to , before they're connected to the reason WHY? only to give up after the first hurdle. It's the Why? that cultivates the Passion and Pushes you through the barriers or blocks.

Lesson 3. Commitment

For me it's no use setting a goal unless you're committed to it, and committed to doing what it takes to achieving it. I have set so many goals in my life, some I have achieved, some I haven't. There's something in common for all of them being achieved or not..."Commitment". It's as simple as that.

Lesson 4. Define your Vision (Visualisation)

Writing an Inspiring Vision was the next step I took towards achieving my Goal. This

helped me connect with the end in mind. I painted a picture in my own mind of what it would be like having already achieved it.

Here it is.....

" I've done it. Hayley and the kids have met me at Taylors Mistake for a swim and to collect me after my huge ride from home. After setting out early in the morning I have arrived safely. Exhausted yet very satisfied with my achievement. The bike ran smooth, and since my fitness levels were so good I have recovered quickly. The Melaleuca sports products played a huge part in providing me the necessary energy. I now know why the Olympic athletes and long distant swimmer Tammy Van Weisser rave about them"

"I'm now set to enter an official event with some friends"

Use this [Vision Tool](#) to create your own Inspiring Vision

Lesson 5. Plan / Determine the Steps

Now that you've Defined what and where you're heading, the next step is to Determine what and how you're going to achieve it. For this goal it was simple. Get Fit enough to complete it. I had been out on rides for up to an hour, but not the almost 4 that it was going to take. So my plan was to steadily increase the length of time I would be out on each ride. I also had to master more hill work, as a significant part of the ride is uphill. so riding up hill and often was my plan, rather than on the flats. Working out how I was going to have the energy, or fuel on board was something I needed to plan. I used Melaleuca Access Bars and Sustain Sports drink for the entire event. The Access Bars have patented technology that allowed me to utilise my stored body fat, and use that as fuel, whilst the Sustain kept me re-hydrated.

Lesson 6. Share it

Share your goal with your Coach, your partner, a friend, or someone you know will support you. They can help hold the aspiration there for you, support, encourage, and hold you accountable to taking the steps towards achieving it.

Lesson 7. Team Up

If you know someone who has similar aspirations or goals, then it's a good idea to team up. For me I heard about a group of guys that went out for a mountain bike ride every

weekend. I decided to tag along, and by doing so I was around other like minded people. I was able to train in an environment that was supportive and encouraging and was consistent.

Lesson 8. Review and Measure

During the time I was training I reviewed how I was feeling, and measuring my times for each ride. and then before completing the full ride I broke it down into two sections. This allowed me to familiarise myself with the track and get used to what was going to be ahead of me on the day.

Lesson 9. KAIZEN - Small Steps / Gradual Improvement

A significant part of the ride and the first part in particular is a steady ascent up Kennedy's Bush Track. When looking from the flats it can be somewhat daunting. My strategy for this part of the ride was breaking it down into little bites / or steps. Rather than focus on the top of the hill, I focussed on a bush or tussock about 10 metres ahead on the side of the track. Each time I reached it I gave myself a little 'Well Done, made it' then focussed on another bush or tussock and repeated "Well Done , made it". When the going was getting real tough, I simply affirmed to myself to dig it in and keep in motion. This process meant I had mini celebrations all the way to the end. The big challenge was actually a series of small ones. They were all managable and were all able to be celebrated in a positive way.

Lesson 10. Celebrate Success

Take some time, or do something to acknowledge your achievement. I have decided to buy a toddler attachment for my bike so Lewis (my son) can join me when he's a couple of months older.

Lesson 11. Gratitude

Thank you to: Nic, Sam and the BNI crew for the weekend rides.

Tony for partnering up with me for the pre-lim and ride on the day." The Access Top did the trick"

Mike for holding me accountable to my Goals

Hayley, Ella, Beth and Lewis for allowing me the time to train

Thank you all for helping me honor my Theme for the Year " Breaking New

Ground" and having "FUN" !

Planning to Succeed

It's not too late to plan your success in 2010. You can use April 1st and the start of the new financial year to put a line in the sand. Use this tool to help start off with purpose [10 step Planning Tool](#)

Leadership Winners Qualities

click here for the second edition of [Leadership Winners Quality 2](#)

Finishing Strong

We are on the home straight to completing the first quarter of the year.

How have you progressed?

What goals did you achieve?

What new habits did you form?

How did you Harness the "Energy of the New Year"?

What do you need to do to Finish Strong?

check out this short video clip [FINISHING STRONG](#) if you need a little Inspiration.

Have Fun and Stay in Motion

Warm Regards

Karl Waretini

"The Crayon Coach"

Passion and Purpose for Prosperity