



The
enchantingLawyer[™]

Action Guide

Rodney King

1. Chop up your Goals

Rodney talks about how the martial arts teach you to live in the present, and see a big goal as a succession of smaller ones. By chopping up your big goals into smaller ones, the mountain doesn't seem so high and any setbacks less important.

How Does It Apply?

Write down below some of your big goals. Now chop them up into smaller ones and tick them off as you achieve them.

2. Work from your Strengths

Rodney explains how the martial arts teach you to use your strengths and forget about your weaknesses. By playing to your strengths, you will not only have more of a chance of being successful, you will more than likely enjoy what you are doing more!

How Does It Apply?

Write down below what you believe that your strengths are. Now think about how you can use these to our advantage.

3. Live in the Present

Rodney describes how we waste a lot of our time thinking about the past and the future, when actually, we should be concentrating on living in the present. In a fight you will end up getting hurt if you are spending too much time thinking about what just happened – or what is about to happen!

How Does It Apply?

Try to spend a day paying attention to how much time you spend thinking about the past or the future, and write down your observations. Now try to increase the amount of time that you are thinking about the present.