

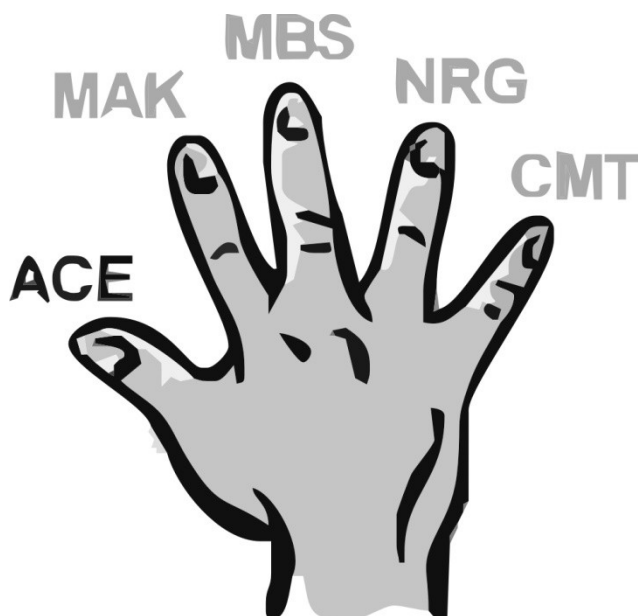
WINJITSU

BOOK ONE

ACE

Achieving Combined Excellence

(Thumb) – Taking Control of Your Attitude



The first finger, or thumb, represents being an "Ace," and the awareness we need in order to make the decisions that shape our identity.

If you look at it, the thumb has a crease where it divides the thumb into two spaces. The first space is going to represent achievement; the second space will represent synergy (our combined parts); and a

"*Thumbs Up*" position will represent the third area, which is excellence and the attitude of positive awareness. They all come together to form the main philosophy of Achieving Combined Excellence. Most of the principles I share in this section are the concepts that we want to be a part of our everyday mentality as a high achiever and self-actualized human being.

Remember in the beginning of the book (introduction) when I mentioned that I believe we all have *split personalities* and the combination of these personalities is what makes us who we are as a whole? This is part of being an ACE.

If there were only one section I could share with you, it would be the principles required for being an ACE. I have placed this segment as the primary part of my Winjitsu system to ensure you get the most important set of strategies first. It has been said that only 10% will read past the first chapter of a book, and in 2007 the Associated Press-Ipsos poll made this statement, "one in four adults read no books at all in the past year."

So, in case life gets in the way, I want this to be a section you will remember and/or that will at least spark an interest into an eye-opening awareness of personal achievement and a way to combine these parts into a more powerful whole. Just as the thumb is the most important part of our hand and what separates us from being just another animal.

If you are like me, you may not want to hear about building confidence from a person with a perfect background or a degree in psychology. You might want real life experience. I relate to the underdogs who made a negative experience into a positive one. There are plenty of boring "got it together" and very confident people out there sharing their secrets for success. But I wonder if they really had to overcome the emotional challenges that many of us face on a daily basis.

I was lucky enough to have somehow learned to pack up my courage and take it upon myself to make a change. To take control, take charge, and take the challenge.

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DECIDING TO BE AN ACE



An ACE is a person who is a **Black Belt** at what they do and one who combines the properties of this excellence to be the best that he or she can be in other areas of life.



An ACE has a self-image that is positive, confident, and goal-oriented. An ACE is in control. An ACE understands that they are the pilot of their own lives. To be an ACE, one needs to be in **complete control of their own personal jet**. A jet can travel at very high speeds and break sound barriers.

Would you like to break barriers? If you are looking to be a high achiever you will need to gain control of your life and learn what it takes to fly.

Being out of control is when people don't fly their own jet; they are not an ACE or pilots of their own lives and thus excellence isn't a part of

their reality. Most people get in the airplane of life and sit with the **average**, fly with the average, and like a herd of cattle, are controlled by the efforts of someone else. They follow along and hope that everything goes all right. I call this being *average*, or to fit the analogy, *PLANE*.

Deciding to be an ACE is the most important step we can take towards being a high achiever and the attitude we need for making a positive change - it is what separates us from being *just* plain. The average person quits, is predictable and less successful. So let's take a big step toward being outstanding and extraordinary as opposed to extra ordinary.

Ordinary (average):

1. Of no special quality or interest; commonplace; unexceptional
2. Plain or undistinguished

Extraordinary (ACE):

1. Beyond what is usual, ordinary, regular, or established:
2. Exceptional in character, amount, extent, degree, etc.; noteworthy; remarkable

Get Yourself a Jet

You have the choice to take things into your own hands and say, "*I am going to fly this jet, I am going to control it, and I am going to break barriers.*" You are not going to break any barriers if you do not get up to speed. It is deciding that you are going to be in **complete control** of what it is that you do, how you do it, and how you live, from your beliefs down to your breakfast. You're flying your own jet!

A jet must be active. A body (and mind) in motion, stays in motion. Like anything else, without constant care and use, it will fall prey to apathy. So dust off your wings, find the right fuel, and get flying.

In order for us to take control, we have to make a very important decision to do so. You have to decide that it's your life (your jet) and it must fly. A decision has to be made. Being your best or being an ACE isn't easy. It takes commitment, self-discipline, patience, endurance, and energy. It takes being above average. The average person quits.

So, the first decision you have to make is whether you are an ACE or whether you are average. You need to consciously make this decision

on your own; simply reading this book won't do it. Declare right now what you are, what you plan to do, and **write it down**. Writing things down is the first step to turning a wish into reality. If you don't write things down, you are relying on what I call, "*luck of the 'I-wish.*" So let's be "I am" oriented instead of "I wish" oriented. Start by creating an "I am" list. Think of some positive characteristics you feel you might need to strengthen. I have given a few examples below:

- I am in charge of my life
- I am making the decision to act
- I am in control
- I am taking charge
- I am above average

Now try a few of your own:

I am: _____
I am: _____
I am: _____
I am: _____
I am: _____

You can write these on the mirror or post them on the fridge. I suggest finding a way to write them on a daily basis (such as filling out a Personal Achievement Map as explained in CMT - Level 5 of Winjitsu) so they do not become commonplace.

In the Martial Science, I use a list of positive reinforcements that I have students focus on during their training. I call them **Achievement Beliefs** and they are listed in the CMT section on how to create a *Personal Achievement Map*.