

One message that I communicate to students every class is to remember that success is the not result of one action. It's the accumulation of thousands of actions and decisions, each of which take you closer or further from your goals.

On a larger scale, deciding to go to class when you're tired is a decision that will move you closer to your goal of earning a black belt. On a smaller scale, not trying your best on a single drill or not listening to the instructor with 100% focus will slow down your progress and move your goal further away.

This is why it's important to understand that your black belt exam is happening right now. You will never get to the day of the official exam unless you pass the small daily tests.

Every day is your black belt exam.