

The Psychology of

WINNING

CHAPTER 7 POSITIVE SELF-DIRECTION

Name: _____

"Life asks of every individual a contribution. And it is up to that person to discover what it should be."

Dr. Viktor Frankl

READ About It:

How is the "human system" like a homing torpedo, according to Waitley? _____

What do both the human system and the homing torpedo need in order to function correctly? _____

Get CRITICAL:

What did Viktor Frankl teach about the importance of having *purpose*? That is, why do we need to have a strong sense of *purpose* in life? _____

What are two examples of a specific purpose/goal you have for a karate class? *What do you want to get out of it versus just getting through it?* _____

Waitley says "It takes as much energy to live a bad life as it does to live a good life." What does this mean? How do you want to direct your energy, toward the good or the bad? _____

APPLY what you've learned:

Choose one of the action steps at the end of the chapter. _____

Now one week from today, write down your experience with that action step (how did it help direct you to your goal?) _____