

# Hickey Karate Center

## Adult To Do List

The Adult To Do List is a voluntary program for Adults seeking to go to the next testing. There will be no follow up as to whether the To Do list had been accomplished. The list is merely a guide for your own personal development.

- Introduce yourself to one new person daily (e.g., a new person at work, at the karate school, or someone you come into daily contact with--your bank teller, grocery store clerk.
- Once a week, call an older person or friend who might appreciate hearing from you. Or call someone you know you should talk to more often, but don't. Pick up the phone and just do it.
- Each week, directly confront one situation or person that you avoid because you are uncomfortable with the potential conflict or afraid of the outcome.
- Earn a Blue Star yourself. Do 24 different good deeds.
- Make a list of 10 things/projects—either at work or home—you have put off doing. Do them.
- Set 3 physical goals and attempt to reach them. First test yourself and see what you can do. Set up a realistic goal to reach, then set up a training schedule to work on those goals. Test yourself at the end to see how close you came. Suggestions – number of push-ups, number of pull-ups (we have a pull-up bar), number of sit-ups, biking, walking or jogging – by increasing distance, reducing the time it takes to cover a certain distance or increasing the length of time you can do the activity without fatigue (this can be done on a treadmill or exercise bike, etc.