

# 2003

January: Congruency, Comfort & Stress, Achievement Ceilings  
February: How old do you want to be, Living without Stress, Taking Responsibility,  
So why will martial arts help my child  
March: Law of Exclusion, Contentment & Living, The Three C's, Do we like  
where we are  
April: Energy and You, Three S's, The snake that could not shed its skin  
May: Boomers and Stressors, The Extra Mile, My Opponents, Buffet or Sit  
Down  
June: Repetition, Consistent Action, Where is the past, Who is my Team  
July: Forgive or Thank, I am therefore i think, Being the Image, Destructive  
Criticism  
August: Sensitivity, Duality, Balance, Stillness  
September: Frustration, Competition, Time Management, Expectations  
October: Discovery, Responsibility, Strength out of Weakness, Practice  
November: Smiles, Intent, Poison of the Mind, Growth