

The art of emotional defence

# empty cup

Martial Arts



## Reflective Questionnaire.

These reflective questions serve a vital purpose in your journey as a potential participant considering Empty Cup Martial Art. They are carefully crafted to foster introspection and self-assessment, providing you with an opportunity to contemplate your readiness for this profound commitment.

First and foremost, these questions are not intended as a test or a means to judge anyone. Instead, they offer a pathway to deeper self-understanding, prompting you to explore your openness to change, willingness to embrace discomfort, and readiness to challenge your existing habits and beliefs. In doing so, you will gain clarity about your motivations and the determination required for this long-term journey.

Furthermore, the questions emphasize the importance of humility and patience, essential qualities for anyone embarking on the path of Empty Cup Martial Art. By reflecting on these aspects, you can better appreciate the value of consistent practice, and the dedication needed to overcome setbacks and obstacles.

Ultimately, these questions are designed to ensure that you, as a potential participant, embark on this journey for the right reasons, with genuine self-motivation rather than external expectations. They help cultivate a mindset that honours the process of learning and growth, recognizing that true transformation demands sustained effort over time.

In summary, these reflective questions are a tool for self-discovery, guiding you toward a thoughtful and informed decision about your readiness for Empty Cup Martial Art. They encourage a mindful approach, ensuring that the journey is undertaken with intention and wholehearted commitment.

We suggest you print these out and take some time to consider each question carefully.

If you can answer "yes" to most, if not all, of these, then you're approaching this journey with the right mindset.

If not, it may be worth reflecting on what you might need to adjust or prioritize before committing to Empty Cup\*

Max

*\* Just a suggestion... it's important to note that if you find yourself answering "yes" to only a few of these questions, individual coaching from Max may be beneficial.*

*Personalized guidance can provide the support and encouragement needed to help you navigate the challenges ahead, ensuring you are well-prepared to embark on this rewarding journey.*

[Emptycupmartialart.uk](http://Emptycupmartialart.uk)



# Reflective Questionnaire

## **1. Am I open to change and willing to embrace discomfort as a path to growth?**

*Growth is rarely comfortable. It often requires stepping outside what feels safe or familiar. Are you ready to challenge assumptions, adapt, and evolve even when it feels uneasy?*

## **2. Am I prepared to challenge my current habits, beliefs, and limitations?**

*Some habits or perspectives may be holding you back. Are you willing to question them and replace them with something that serves you better, even if it's difficult?*

## **3. Do I have the determination to keep going, even when progress feels slow or difficult?**

*There will be times when improvements seem invisible, or setbacks feel frustrating. Can you push through, trusting that persistence will lead to results over time?*

## **4. Can I commit to making time and space in my life for consistent practice?**

*Growth isn't accidental—it requires intention and consistency. Are you ready to make martial arts a priority, even when life gets busy?*

## **5. Do I understand that Empty Cup Martial Art is not a quick fix, but a long-term journey?**

*Mastery takes time, sometimes a lifetime. It's not about instant results but about continual learning. Are you prepared for that kind of commitment?*

## **6. Am I willing to approach this with humility, acknowledging that I might not always succeed immediately?**

*Failure is part of learning. Are you willing to accept mistakes without frustration, knowing that they are stepping stones rather than roadblocks?*

## **7. Do I value the process of learning and growing as much as the results?**

*The journey itself matters as much as the destination. Do you find meaning in the daily practice, small improvements, and personal transformation?*

## **8. Can I dedicate myself to this path without being discouraged by setbacks or obstacles?**

*Obstacles will arise—mental blocks, uncomfortable emotions, distractions, moments of self-doubt. Can you find ways to stay committed even when challenges appear?*

## **9. Am I ready to be patient and accept that true transformation requires effort over time?**

*Lasting change doesn't happen overnight. Do you have the patience to allow yourself time to grow, knowing that each small step moves you forward?*

## **10. Do I genuinely want to undertake this journey for myself, not for the expectations of others?**

*Motivation must come from within. Are you choosing this path because it resonates with you, rather than to impress others or meet someone else's standards?*

Each question invites deep introspection. If you can say "yes" to most of them, you're on the right track for something truly meaningful.

What resonates with you the most? Is there a particular area where you feel uncertain?