

Name: \_\_\_\_\_

Belt Rank: \_\_\_\_\_



## Goal Setting

The process of setting goals allows people to choose what they want to achieve. By knowing what they want to achieve, they know what they have to concentrate on and improve. Goal setting gives people long-term vision and short-term motivation. Having sharp, clearly defined goals, which people can measure, will allow them to take pride in accomplishing those goals

What is my goal: \_\_\_\_\_ Date to achieve my goal: \_\_\_\_\_

Currently I can: \_\_\_\_\_

List 4 ways I can achieve my goal:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

	Mini Goal	Date	Parent Initial	Instructor Signature
Week 1				
Week 2				
Week 3				
Week 4				