



Goals

“A goal without a plan is just a wish...”

This cycle we are discussing how to create goals, and more importantly how to make each goal specific and trackable. Setting *S.M.A.R.T.* Goals is an extremely important skill we need to learn, not only in martial arts, but also goals that can be applied to school, grades, friends, careers, etc.

- S - SPECIFIC Not better, higher, etc – but all A’s/B’s – or Kick Head Level with front kicks.
- M - MOTIVATING If a goal is not motivating, you will find it difficult to stay on the path if you lose interest.
- A - ACHIEVEABLE A goal must be attainable, if not, you will just be wasting your time trying to achieve something that is unachievable.
- R – RELEVANT The goal needs to be relevant to you achieving success in some area of your life.
- T – TRACKABLE By keeping track of your progress, you gain confidence that you are on your way to completing a specific goal.

An example of a good (S.M.A.R.T) goal: “I will get only A’s & B’s on my next report card”.

Please list a goal and the date/deadline when it will be achieved. We recommend keeping a copy of this on the fridge or some other visible place to continue to motivate the student!

- To my parents, one goal I have is:

- To my instructors, one goal I have is:

- Goals are important because:

Parent’s Signature: _____ Students Name: _____

