

Name: _____

Goals

There are 8 major life skills that we teach along with our forms, one-steps/sparring and self defense. They are Courtesy, Integrity, Goals, Honor, Self-control, Respect, Attitude, Loyalty and Perseverance. As a Camo belt you will begin sparring. This is a good time to set new goals in your training. What are goals? The dictionary defines a goal as the end towards which effort is directed. In TaeKwonDo we say that goals should be S.M.A.R.T. What does this mean? A goal should be:

S - Specific. Know exactly what you are going to do.

M - Motivating. Reaching a goal that makes you happy.

A - Achievable. You must feel it is possible for you to reach your goal.

R - Relevant. You should feel that your goal is important to you.

T - Trackable. You have to have a way to measure your progress.

It is important to set goals so you know where you are going and how you are going to get there. List 2 goals outside of TaeKwonDo and how you plan to reach them.

1. _____

2. _____

We hope one of your goals is to become a black belt. What is your TaeKwonDo goal? _____

When do you plan to reach that goal? (Keep in mind that we usually have testing every 8 weeks) _____

What steps do you need to take to reach your TaeKwonDo goal? _____

Please think about your goals this cycle and remember to turn this sheet in before testing. Telling others about your goals will help.

Parent signature: _____