

Name _____

Age _____

GOALS IN MARTIAL ARTS

Blue Star Worksheet
Ages 7 and up.

A goal is something you want to achieve and are willing to work for. If you're not willing to work for it, then it's just a wish and not a goal. The beginning of a new year is a great time to set new goals in your Taekwondo Training. Setting goals helps us to achieve more than we would otherwise, so set your goal high, but achievable. Good examples would be placing at the next tournament, getting to your next milestone belt goal (Camo to start sparring, Brown to start board breaking or Black to start exciting new challenges) or maybe just having a louder more confidence ki-hap! Choose something that will make you proud if you accomplish it.

Setting goals and writing them down is the first step to being successful in all areas of life. If you don't set goals, you have no plan for where you want to go in life. If you don't write them down, it's easy to make excuses for yourself later saying, "That really wasn't what I wanted anyway." One of the most effective ways to achieve what you want is to set a **S.M.A.R.T.** goal. Read in your newsletter about **S.M.A.R.T.** goals. Use this sheet to set a smart goal. It should be a short, mid-range or long term goal that you can complete by the end of this year.

S – Specific: Write down exactly what your goal will be.

**M – Motivating: Write down why you want to achieve your goal.
What are you looking forward to when you complete it?**

A – Achievable: How will you reach this goal? Are there tasks involved each day? Are there steps you need to take to reach it?

R – Relevant: How will this goal improve you as a martial artist?

T – Trackable: Using the back of this paper, have a parent keep track of how you are progressing on your goal. Record dates and steps taken to achieve your goal to receive your blue star. This sheet may be turned in anytime this year, so that you have time to record your progress no matter what type of goal you have chosen.