



Creating Tomorrow's Leaders... One Black Belt At A Time!

Goal Setting Worksheet

"A Journey of a Thousand Miles begins with a Single Step"

A goal is simply a wish until you write it down. We would like your son/daughter to take a few moments to write down the goals that he/she intends to achieve during the next testing cycle (about 8 weeks). Whether they are physical, mental, or material, be as specific as possible when describing them and review them on a regular basis.

Complete this form and turn it in during the first week of a testing cycle to receive a **Blue Star** for their Victory Patch.

Student name _____

Date _____

What are your top personal goals and when do you expect to achieve them?	
GOAL	DATE
1)	
2)	
3)	

What are your top Taekwondo goals and when do you expect to achieve them?	
GOAL	DATE
1)	
2)	
3)	

What are your top school goals and when do you expect to achieve them?	
GOAL	DATE
1)	
2)	
3)	

THANK YOU FOR HELPING US TO REINFORCE THE IMPORTANCE OF HIGH GOAL SETTING AND PERSONAL VICTORY

