

Student Name: _____

Your Key to Success

GOALS

January's theme for ATA Martial Arts Kids is *Goals*. A *Goal* is something that you want to be, have or achieve. Setting *Goals* is the first step to being successful in life. If you don't set *Goals*, you have no plan for where you want to go in life. Remember the old saying: "People don't plan to fail....They fail to plan." The first step in *Goal* setting is to write it down. Until you write it down, it is simply a wish. Next you must determine the steps necessary to achieve that *Goal* and take immediate action. Don't give up until you reach your *Goal*. If you want to be a Black Belt some day, write it down. Write down the month that you want to achieve your *Goal* and what you are going to do to make it happen. Remember, your *Goals* are your personal road map for life. Setting your *Goals* is one of the most important things you can ever do to influence the course of your life.

Weekly Lessons

S.M.A.R.T.

Goals should be **S**pecific, **M**otivating and exciting to you, **A**chievable, **R**elevant and meaningful to you, and **T**rackable for progress. List two SMART goals that you have for yourself.

1

2

Desire

A strong burning desire to achieve your goal will increase your chances of reaching it. List two goals that you have a strong desire to achieve.

1

2

Motivation

You must be motivated by your goals to give your best effort at all times and persist through the tough times. List two ways that your goals motivate you to continue working towards them.

1

2

Success

Success is the result of consistent effort towards reaching a goal. For the month of January, list one goal that you set and achieved and one new goal that you set for yourself.

1

2