



STUDENT NAME: \_\_\_\_\_

STUDENT BELT RANK: \_\_\_\_\_

DATE: \_\_\_\_\_

## New Year Goals

On the sections below write obtainable goals for each of the areas for this year. Feel free to record yourself reading off your goals and share them with us on social media! Take this opportunity to do this as a family!

Example: "My goal for martial arts is to get better at forms. I am going to do that by practicing each day and asking for help when needed." Remember we want it

**obtainable** for the year, so a white belt shouldn't write they want to become a black belt because that is not obtainable in the calendar year.

### **HOME/PERSONAL GOAL:**

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### **SCHOOL GOAL:**

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### **MARTIAL ARTS GOAL:**

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**"Remember the goals we SET are the goals we Get"**