

GOAL SETTING EXERCISE



Your Goal Setting Worksheet

You can fill in this worksheet to give you direction and motivation. Check out our examples for a martial arts student. Remember - think BIG... and then break it down gradually into lots of little goals. At the end.... Throw some planned rewards on each step to keep you motivated. Remember this is just a guide, your goals and vision may well be very different!

| STEP 1 – VISION |
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| (I want to become a master in martial arts and have taught thousands of students around the world, developing young people to achieve more!) |

| STEP 2 - BIG GOALS (a) | STEP 2 - BIG GOALS (b) |
|--|--|
| (I want to become a black belt!) | (I want to become an Instructor) |
| Reward: We will go to Thorpe Park as a family | Reward: We will go camping for the weekend! |

| STEP 3 - BREAKDOWN (a) | STEP 3 - BREAKDOWN (b) |
|---|--|
| (I want to achieve my Black Tag Belt in November in 6 months) | (I want to start an assistant instructors' course in December in 7 months) |
| Reward: We will go out for a family meal! | Reward: We will have a party if I pass! |

| STEP 4 - SMALL GOALS (a) | STEP 4 - SMALL GOALS (b) |
|--|--|
| (I want to train 3 times per week to achieve my goals, 2 in class and 1 warrior net session) | (I want to compete in October to gain more experience as a martial artist) |
| Reward: If I don't miss a training session all term, we will go to the cinema. | Reward: I will get a brand-new Warrior Hoody if I compete! |

| STEP 5 - DAILY HABITS (a) | STEP 5 - DAILY HABITS (b) | STEP 5 - DAILY HABITS (c) |
|---|---|---|
| (Meditating for 5 minutes each day to develop black belt focus) | (Practicing my combination each morning to perfect technique) | (Improve my strength by doing my belt's reps for pressups, plank (secs) and squat jumps each day) |
| Reward: If I complete all of my daily habits each week, I get to choose the music in the car on the way to school! | | |

My Goals:

| STEP 1 - VISION |
|-----------------|
| |

| STEP 2 - BIG GOALS (a) | STEP 2 - BIG GOALS (b) |
|------------------------|------------------------|
| Reward: | Reward: |

| STEP 3 - BREAKDOWN (a) | STEP 3 - BREAKDOWN (b) |
|------------------------|------------------------|
| Reward: | Reward: |

| STEP 4 - SMALL GOALS (a) | STEP 4 - SMALL GOALS (b) |
|--------------------------|--------------------------|
| Reward: | Reward: |

| STEP 5 - DAILY HABITS (a) | STEP 5 - DAILY HABITS (b) | STEP 5 - DAILY HABITS (c) |
|---------------------------|---------------------------|---------------------------|
| Reward: | | |