



### Goal Setting Worksheet

**Goal:**

To be a 2nd Degree Black Belt

**Deadline:**

48 months from beginning martial arts to get 1st Degree Black Belt  
30 months from 1st Degree Black Belt to 2nd Degree Black Belt

**Approximate Goal Date for my 1st Degree Black Belt:** \_\_\_\_\_

**Benefits**

- ✓ Able to defend myself in any situation
- ✓ Be a part of an Elite Team
- ✓ Achieve the first step towards Black Belt Mastery
- ✓ Develop Leadership Skills and Public Speaking Skills
- ✓ Better Health and Total Fitness
- ✓ Total Confidence
- ✓ Learn Advanced Curriculum
- ✓ A life Changing Experience

**Action Plan**

Get approved for an join the Leadership Program or Master's Club  
Train consistently 2-3 times per week  
Test regularly approximately every 2-4 months depending on belt level  
Take personal responsibility to learn the material and review previously learned material  
Eat right and stay healthy while you are at home  
Practice daily at home at 15-30 minutes

**Personal Commitment**

I pledge to do whatever it takes to achieve my goal for the improvement of myself and those around me

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

You must decide that your goal is worth the time, effort, and money. You must determine what your obstacles are in advance and decide to do whatever it takes to overcome those obstacles.

All goals must be SMART: **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, **T**angible

If you would like to be guaranteed to receive you black belt? Do the following:

1. Show up for class 2-3 times per week until you pass your test. Most people who have to retake their black belt test do so because they don't come to class consistently enough
2. Set your goal. Sounds simple but really visualize your self as a black belt. Take pictures of your self in a black belt with the goal date underneath it.
3. Parents-don't take no for an answer. Show up at least 2-3 times per week from now on.
4. Ask your instructors regularly what you need to improve on.
5. Create desire. Meet black belts. Learn more about martial arts. Have fun it's your belt!