

# Black Belt EXCELLENCE

Every month, students in Jr. TKD and TKD classes are eligible to earn a Black Belt Excellence patch. To receive your patch, fill out this form and return to the Pro Shop. You may turn in your form at any time during the month.

## January: Goal Setting

### A New Year—A New Goal

January is just around the corner! It's a time when many of us, young and old, will be setting New Year's Resolutions. A New Year's Resolution is a goal to make a change or do better in some area of your life during 2009.

A goal is more than something we would like to achieve. It's so important to us that we are going to assign a date to see it accomplished. We know by giving ourselves a deadline we are more likely to see ourselves both get started on the goal as well as seeing it come true. Since we are committed to the goal and have set a date we are now ready to do what is necessary to reach it.

There are two different types of goals: short term goals and long term goals. A short term goal is a goal that can be achieved in as little as a day or may take as long as a few months. An example of a short term goal is earning your next belt. We know what we need to do and we know when we need to be ready for that test.

A long term goal is a goal that takes longer time to achieve than a short term goal, which could be a year or more. In martial arts many students have the long term goal of getting their Black Belt. We should strive to set both short and long term goals for ourselves. And just as we learned about confidence building, it is important to celebrate when you achieve a goal.



The act of writing your goals is significant to seeing them come true. Remember - the goals we set are the goals we get.

### This Month's Activity:

**Students: Be thinking of a goal that you would like to achieve, and turn this sheet over to complete the assignment on the back.**

**Remember:  
This form is your  
responsibility —  
not your parents'!**



**Marietta Martial Arts  
770-321-1371**

**Forms will not be accepted  
after January 31st.**

**1. Think of 5 goals that you would like to achieve in 2012 (short term) and 5 goals that you would like to achieve in more than a year (beyond 2012).**

**Short Term Goals:**

- 1.
- 2.
- 3.
- 4.
- 5.

**Long Term Goals:**

- 1.
- 2.
- 3.
- 4.
- 5.

**2. From the list above, what is your most important goal? Why?** \_\_\_\_\_

\_\_\_\_\_

**By what date would you like to achieve this goal?** \_\_\_\_\_

**How will you know that you reached your goal?** \_\_\_\_\_

\_\_\_\_\_

**What are 3 things you are going to do to make sure you meet your goal?**

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

**Student's Name:** \_\_\_\_\_

(Print clearly!)

**Parent's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Received by:** \_\_\_\_\_