

NAME: _____



ACTION KARATE

Take your life...To the Next Level

Goal Setting Guide

- 1) **Put it in writing:** Paper remembers, people forget!
- 2) **Make it specific and measurable:** Break your goal down into increments that you can consider and monitor on a weekly & daily basis.
- 3) **Put a date on it:** A DREAM becomes a GOAL when you attach a time frame. Without a date, you procrastinate.
- 4) **Phrase it positively:** Don't wish to loose weight because you are fat. Being fat feels bad, and this negative feeling will be associated with your diet. Instead, wish to loose weight because you want to look better and live a longer, more active life. Now that positive visualization and feeling will be associated with your diet.
- 5) **Make it realistic:** Grand goals are inspiring, but be sure to approach them incrementally. See #2. Set your self up for success not failure. Don't bite off more than you can chew. Build life-changing momentum by having small goals at first and winning early. Think of our monthly karate stripe tests. Small goals (stripes) on the way to grand goals (belts).
- 6) **Be Balanced:** See below. Most people are better at setting work goals than personal ones. It is much harder to maintain a successful marriage, retire wealthy, or stay healthy than it is to succeed at work. Set goals in all life areas.

Number One Personal Obstacle to Achieving Goals in the Past:

Set at least One (1) goal in each of the following areas (kids: top 3 only):

Health & Fitness:

Education:

Karate Goals:

Professional:

Finances:

Recreation:

Relationships:
