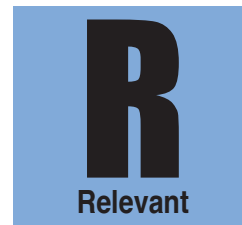
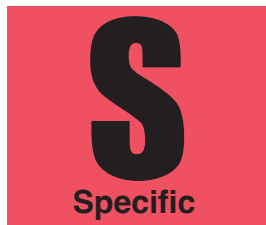


Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Goals

What is a GOAL? In your own words, write a definition of the word GOAL.

We utilize SMART Goals to guide us in setting our long and short term objectives. It helps us to take an idea and put it into action. Using SMART Goals helps keep our goals clear and reachable.



**Make it Specific**

What do you want to accomplish?



Your specific goal:

\_\_\_\_\_  
\_\_\_\_\_

Make is measurable:

\_\_\_\_\_  
\_\_\_\_\_



**Make it Measurable**

How will you know when you accomplished your goal?

**Make it Attainable**

Can this goal be accomplished?



Action Plan:

\_\_\_\_\_  
\_\_\_\_\_

Is this goal relevant:

☐ YES ☐ NO



**Make it Relevant**

Is this goal worth working hard to accomplish?

**Make it Timely**

By when will this goal be accomplished?



Add your finish date:

\_\_\_\_\_

Write 3 SMART Goals (Home, School/Work, and Karate) using the guide above.

1. Home: \_\_\_\_\_
2. School/Work: \_\_\_\_\_
3. Karate: \_\_\_\_\_

**FAMILY DISCUSSION** - Sit down with your family and set 1 SMART goal as a family. Talk about your priorities, needs, and what you think can help your family grow! Some ideas to think about: spending quality time together, health and fitness as a family, household responsibilities, or financial goals. Don't forget to make it S.M.A.R.T. Write down this goal below.

\_\_\_\_\_  
\_\_\_\_\_