

GOALS

Name _____ Belt rank _____

Write down 3 **short-term goals** you wish to accomplish in Taekwondo:

1. _____
2. _____
3. _____

Write down 3 **medium-term goals** you wish to accomplish in Taekwondo:

1. _____
2. _____
3. _____

Write down 3 **long-term goals** you wish to accomplish in Taekwondo:

1. _____
2. _____
3. _____

DESIRE

What does it mean when you desire something?

How can desire help you to achieve a goal you set for yourself?

MOTIVATION

What does the word “motivation” mean?

List 2 ways to stay motivated in order to reach a goal:

1.

2.

SUCCESS

How does the dictionary define the word “success”?

How do YOU define the word “success”, what does success mean to you?

List 5 things that will help you to succeed and reach one of the **long-term** goals you have written for yourself:

1.

2.

3.

4.

5.
