

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

## Goal Success Sheet



### Personal Goals:

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

#### Action Steps:

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

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

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

**Deadline:** \_\_\_\_\_.

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

#### Action Steps:

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

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

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

**Deadline:** \_\_\_\_\_.

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

#### Action Steps:

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

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

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

**Deadline:** \_\_\_\_\_.

### Martial Arts Goals:

1) I will obtain my \_\_\_\_\_ belt this year.

**Action Steps:** 1) Come to class twice a week, 2) practice two times a week on my own,

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

#### Action Steps:

1) \_\_\_\_\_, 2) \_\_\_\_\_

3) \_\_\_\_\_

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

#### Action Steps:

1) \_\_\_\_\_, 2) \_\_\_\_\_

3) \_\_\_\_\_

**I understand these goals will not be achieved overnight and they will require effort on my part each and every day this year. I also understand that I will need help reaching these goals and I will use the help of the persons listed below to help me reach my goals.**

My Goal Mentors:

1)

2)

Students Signature: My signature is my word and proof of my commitment to improvement and personal excellence over the next 365 days \_\_\_\_\_ Date \_\_\_\_\_

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

## Goal Success Sheet

### Goal Success Tips:

- 1) Post your goals where you can See Them! Read them three times a day!
- 2) Set Reminders to your phone, tablet or device to keep you on track.
- 3) “Do the Math” Break down how much time you need each day to work on your goal and subtract it from the time wasters in your life (TV, Social Media, Couch Time, Complaining, Etc.)
- 4) Stay Consistent, make a little progress each day. It all adds up.
- 5) Check in with your mentor. Keep yourself accountable by checking in with your mentor at least once a week.
- 6) Read: Find books that inspire you, read them, pass them onto someone else, and get book recommendations from successful people.
- 7) “Own your morning” Find at least 20 minutes to exercise each morning. This means waking up earlier!
- 8) Journal: Write down a summary of each day before you go to sleep. Your ups, downs, lessons learned, and anything else you want to write.
- 9) “Fly with the Eagles” Hang around, seek out, bring together other goal driven, disciplined people. You are becoming the Sum of your five closest friends.....Choose Wisely.
- 10) Take Ownership: Your Success, or Failure is yours and yours alone. No excuses, just adjustments!

