

**The Martial Artist Foundation TaeKwonDo Advantage  
Goal Setting Work-Sheet**

**Goal:**

To be a 2<sup>nd</sup> Degree Black Belt and Live the Black Belt Lifestyle.

**Deadline:**

48 months from beginning karate to get 1<sup>st</sup> Degree Black Belt (certified)  
30 Months from 1<sup>st</sup> Degree Black Belt to Second Degree Black Belt

Approximate Goal Date for my 1<sup>st</sup> Degree Black Belt: \_\_\_\_\_

Approximate Goal Date for my 2<sup>nd</sup> Degree Black Belt: \_\_\_\_\_

**Benefits:**

Ability to Defend Myself in All Situations	Health and Fitness
Be a Part of An Elite Team	Total Confidence
Achieve the First Step Towards Black Belt Mastery and Life Mastery	Learn Advanced Curriculum:
Develop Leadership Skills and Public Speaking Skills	A life-changing process.

**Action Plan:**

Train consistently 2-3 times per week.  
Test regularly every 2 months with 18 classes.  
Take personal responsibility to learn material as independently as possible.  
Maintain proper nutrition, rest, and exercise.  
Practice daily at home 15-30 minutes.

**Personal Commitment:**

I pledge to do whatever it takes to achieve my goal for the betterment of myself and those around me:

Signed \_\_\_\_\_ Date \_\_\_\_\_

You must decide that your goal is worth the time, effort, and money. You must also determine what your obstacles are in advance and decide to do whatever it takes to over-come those obstacles.

**All Goals Must Be SMART:**

**S – Specific      M – Measurable      A – Attainable      R – Realistic      T – Tangible.**

**Would you like to be guaranteed to receive your Black Belt?  
Do these things:**

1. Show up 2 or 3 times per week – until you pass your test. Most people who fail to get their Black Belt FAIL because they either stop showing up or they show inconsistently!
2. Set your goal. REALLY set your goal by following all of the steps
3. Take pictures of yourself with a Black Belt and Visualize actually being a Black Belt EVERY Day
4. Parents – don't take no for an answer. Show up 2 or 3 times per week – from now on!
5. Ask your instructors regularly what you can do to improve.
6. Create Desire. Meet Black Belts. Watch Tournaments. Learn more about Martial Arts. Enjoy yourself