Goal Setting

— Something you can measure, accomplish, or achieve. A goal is your ambition.

Dear Parents and Guardians,

January is when we make resolutions and set goals, which is why we will be discussing them in class this month. Goal setting is a mindset. If you want to reach a goal, picture it in your mind and write down the steps for reaching your goal. You can use your goal setting as a challenge or set your sights on something and make it happen.
Goal setting in martial arts can be learning the next form, earning the next belt, working hard towards earning a black belt, or even going beyond that and becoming an instructor.

If you have more than one child, don't assume that just because it worked for one child, it will work for another child; each child will most likely have a very different approach to attaining goals. Some may be more determined to reach goals that are identified, while others will appear to not show any effort at all. Be patient, provide guidance, and give encouragement to each child in the manner in which they are most receptive.

- Help your children set goals, not only for martial arts, but for other important areas in their lives. Find ways to motivate them to achieve their goals.
- Help them get back on track if they stray from the path. Show them they don't have to feel bad if they slip up once in a while, as long as they move forward again.
- Set up a calendar or chart for them to watch their progression using stars, stickers, or checks to mark their progress.
- Celebrate their progress along the way.
- Helping your children achieve their goals should be one of your goals.

This month our weekly lessons will cover:

Week One:

"The most important thing about goals is having one."
— Geoffrey F. Abert

Week Two:

"Choosing a goal and sticking to it changes everything."
— Scott Reed

Week Three:

"Whoever wants to reach a distant goal must take small steps."
— Helmut Schmidt

Week Four:

"Focus on your potential instead of your limitations."
— Alan Loy McGinnis

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