

# Goals

Knowing why you are doing something and what you hope to gain from it is very important. Goal setting will help you measure your success as well as significantly increase your enjoyment of karate. It will also assist us in helping you get the most out of our program.

Follow the guidelines below for SMART goal setting.

Ensure each goal is:

1. **S**pecific
2. **M**easurable
3. **A**ttainable
4. **R**ewarding
5. **T**imely

Please take some time to record your goals, both short term and long term. Review and update your goals following each rank examination.

Name  Rank  Date

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