

Goal Setting Worksheet for Kids

A simple guide to help kids choose a goal, make a plan, and keep going.



Name: _____

Week of: _____

1 MY GOAL

This week, I want to work toward this goal:

My goal is about:

- | | |
|---|---|
| <input type="checkbox"/> Martial arts | <input type="checkbox"/> Friendship |
| <input type="checkbox"/> School | <input type="checkbox"/> Confidence |
| <input type="checkbox"/> Home | <input type="checkbox"/> Responsibility |
| <input type="checkbox"/> Sports or activities | <input type="checkbox"/> Other: _____ |

2 GOAL SETTING MEANS I CAN...

1	Choose one clear goal	I can pick one thing to work on instead of trying to do everything at once.
2	Make a plan	I can break my goal into small steps.
3	Take action	I can practice, try, and do my part.
4	Ask for help	I can talk to a parent, teacher, coach, or instructor when I need support.
5	Keep going	I can keep trying even when my goal feels hard.

3 MY GOAL LADDER — I CAN DO THIS!

Start at the bottom and climb one step at a time.

My Goal: _____

Why this goal matters to me: _____



Step 1: First, I will... _____

Step 2: Next, I will... _____

Step 3: Then, I will... _____

Finish Line: I will know I reached my goal when... _____

4 WHAT MIGHT GET IN MY WAY?

Sometimes goals feel hard. That does not mean I should quit.

Something that might get in my way is:

- | | |
|---|---|
| <input type="checkbox"/> I might forget | <input type="checkbox"/> I might need help |
| <input type="checkbox"/> I might get frustrated | <input type="checkbox"/> I might not know what to do next |
| <input type="checkbox"/> I might feel nervous | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> I might want to quit | |

If that happens, I can:

- | | |
|---|---|
| <input type="checkbox"/> Take a deep breath | <input type="checkbox"/> Practice a little more |
| <input type="checkbox"/> Ask for help | <input type="checkbox"/> Remember why my goal matters |
| <input type="checkbox"/> Try again | <input type="checkbox"/> Say, "Yes, I can." |

5 PARENT TIP

Goal setting is most powerful when kids learn to focus on effort, progress, and follow-through.

Instead of only asking, "Did you reach your goal?" try asking:

- "What step did you take today?"
- "What felt hard?"
- "What helped you keep going?"
- "What are you proud of?"
- "What is your next step?"

Praise the process, not just the finish line.

 *Live a Life You Are Proud Of!* 

Horizon ATA Martial Arts | Parent Resources | horizonata.com