

# BLACK BELT EXCELLENCE



Monthly Theme:  
**GOALS**

## WHAT IS GOALS?

Goals are things that each of us would like to achieve. Goals can be very simple such as wanting to learn to say "Please" or "Thank You" to others more often or perhaps you wish to set a goal of getting your homework done as soon as you come home from school. Goals can also be larger like having the goal of becoming Presi-dent of the United States someday. Goals keep us on track of where we wish to go.

The most important thing about a goal is that it must be something you truly want to do and that is very impor-tant to you otherwise you may have trouble following the steps necessary to reach your goals.

## MONTHLY ACTIVITY:

*Parents please help your child with the following activity:*

**On the next page, write your ultimate goal in the space labeled "My goal is to:" List the steps you will take to achieve it under "Ways I can work toward my goal," explain its significance in "Why this goal is important to me," and finally, describe your plan to stay committed in "How I'm going to keep myself motivated."**

This month my son/daughter has demonstrated both at home and at school those qualities of responsibility required by the school for students seeking to earn their Black Belt Excellence Stripe.

Student's Name: \_\_\_\_\_

Student's Belt Rank: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

### REQUIREMENTS OF THE BLACK BELT EXCELLENCE STRIPE

- Black Belt behavior at home
- Black Belt behavior and passing grades at school
- Overall performance and attendance at the karate school
- Completion of the monthly Excellence sheet.
- Returning the Excellence sheet to your instructor on time.

**DUE THE THIRD WEEK OF JANUARY**

Remember these sheets are your responsibility not your parents' Late work sheets will not be accepted.

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



# MY GOALS

My goal is to: \_\_\_\_\_

\_\_\_\_\_

Ways I can work toward my goal:

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

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

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

Why this goal is important to me:

\_\_\_\_\_

How I'm  
going to  
keep  
myself  
motivated:

New things  
I will try:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I am going to  
work harder at:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**-GOALS**

**LESSON OF THE MONTH WORKSHEET**