



Goal Setting

WEEK 1: GOAL SETTING OVERVIEW

AGE-SPECIFIC MAT CHAT FOR AGES 8 to 12

OPENING DISCUSSION:

“What does goal setting mean? (Ask one student to give their answer) The answer is: to establish something you want to accomplish. There are many different types of goals: short-term goals are things you can complete quickly, and long-term goals are something that take many steps, which means that it will take longer to accomplish. When accomplishing long-term goals, it’s important to map out your plan for accomplishing your goal. For example: “I want to learn my kata in two weeks so I will ask for help and I will practice 10 times a day with great focus and effort for the next two weeks.” With this process, you can accomplish great things!”

Let’s try a quiz to help you understand how to map out your goals:

- If you want to learn how to play basketball, what things will you have to learn? (ask a few students to give their suggestions) Examples: Learn how to dribble; learn how to shoot from close up; learn how to shoot from far away; learn how to defend; learn the rules of the game; etc.
- If you want to be able to do middle splits, what will you have to do? (ask a few students to give their suggestions) Examples: stretch for at least 15-minutes per day at home; try hard when you stretch during P.E; stretch before your class; learn as many different stretches as you can; etc.

Finishing the mat chat:

“I want everyone to go home and map out a plan for three goals. Set up at least one goal for karate; a goal to learn something new; and a goal that helps you become a better kid. Once you set all three goals and map out a plan for each goal, get to work! Don’t give up until you finish. If you can accomplish all three goals, then you have mastered the lesson on goal setting!”