



Goal Setting

WEEK 1: GOAL SETTING OVERVIEW

AGE-SPECIFIC MAT CHAT FOR AGES 12+

OPENING DISCUSSION:

“Tell me what your description of goal setting is? (Ask two students to describe in their own words what goal setting means) Explain that goal setting means: to establish something that you want to accomplish. The problem is, many people set goals and don’t finish them because they give up when they hit a roadblock. If you consider the possible roadblocks and list out other solutions, then you can accomplish your goals.”

Let’s try a quick quiz to see if you understand the proper way to set and accomplish:

List out the possible roadblocks:

- You want to earn your black belt? What are the possible roadblocks? (ask a few students to give some examples) Examples: you could get lazy and miss too many classes; you could struggle with your kata; you could have a hard time with board breaking; you could be afraid of sparring; etc. Discuss some solutions to these roadblocks.
- You want to save \$500 in your bank account before you turn 18. What are the possible roadblocks? (ask a few students to give some examples) You’re too lazy to get a job; you can’t think of any creative ways to earn money; you earn money, but you spend it all; etc. Discuss some solutions to these roadblocks.

Finishing the mat chat:

“This week I want you to set a challenging goal and then list out the possible roadblocks. Make sure your goal is attainable within a reasonable amount of time so that you don’t let it slip away. Get to work on it immediately and don’t give up. If you can set and accomplish a tough goal, then it will become easier and easier as you grow.”