

# Goal Card

For Home, Dojo, and Personal

# Martial Arts Goal

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Start Date \_\_\_\_\_

Steps to achieve my goal

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Things to help me reach my goal

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

I will practice my goal \_\_\_\_\_

I will know I have achieved my goal when \_\_\_\_\_  
\_\_\_\_\_

End Date \_\_\_\_\_

Start Date 12/29/24

# Martial Arts Goal **Example**

*Improve my quick close*

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## Steps to achieve my goal

1. *Do a foot drill*
2. *Tie feet together drill*
3. *Calf raises x 10*
4. *Practice getting into stance when I hear "ready"*

## Things to help me reach my goal

1. *Ask sensei to give advise once per week*
2. *Have other students check my quick close*
3.
4.

I will practice my goal *Daily in the morning*

I will know I have achieved my goal when

*I can quick close and return to stance all while being in good stance*

End Date 1/29/25

# Family Goal

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Start Date \_\_\_\_\_

Steps to achieve my goal

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Things to help me reach my goal

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

I will practice my goal \_\_\_\_\_

I will know I have achieved my goal when \_\_\_\_\_  
\_\_\_\_\_

End Date \_\_\_\_\_

# Personal Goal

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Start Date \_\_\_\_\_

Steps to achieve my goal

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Things to help me reach my goal

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

I will practice my goal \_\_\_\_\_

I will know I have achieved my goal when \_\_\_\_\_  
\_\_\_\_\_

End Date \_\_\_\_\_