

Name _____ Belt Rank _____

JANUARY KARATE FOR KIDS HOMEWORK

GOALS

What is the dictionary definition of the word Goals? _____

Write down 3 **short-term** goals you want to achieve. (Can be achieved in 6 months or less)

1. _____
2. _____
3. _____

Write down 3 **medium-term** goals you want to achieve. (Can be achieved in 6 months to 1 year)

1. _____
2. _____
3. _____

Write down 3 **long-term** goals you want to achieve. (Can be achieved in 1 year or more)

1. _____
2. _____
3. _____

DESIRE

What is the dictionary definition of the word Desire? _____

How can Desire help you achieve your Goals? _____

MOTIVATION

What is the dictionary definition of Motivation? _____

Why do we need Motivation to achieve our Goals? _____

List 3 ways you will stay Motivated to achieve one of your goals.

1. _____
2. _____
3. _____

SUCCESS

What is the dictionary definition of Success? _____

What does Success mean to you? _____

List 5 things that will help you have Success and achieve one of your **long-term** Goals.

1. _____
2. _____
3. _____
4. _____
5. _____