

ACTION KARATE

STUDENT PROGRESS & GOALS UPDATE

For adult 1st kyu belts



Name _____ E-Mail _____ Age _____

Please complete and return to your instructor for your next exam.

1. Who has been the most helpful to you in achieving this goal? Why? _____

2. What would you tell someone that is just starting out? _____

3. What has been your favorite thing here at Action? _____

4. Are there any goals that you have not been able to achieve? _____

5. What goals were the most difficult? _____

Please refer to your previous goals update and answer:

1. What goals did you achieve? _____

2. What, if any, goals did you fall short on? _____

3. Why do you think this happened? _____

Countless studies show that the very act of writing down your goals is a very powerful force towards their accomplishment. Please write four goals below with your target date for their accomplishment. Your goals should include one training goal, one personal goal and one career goal.

GOAL	WHY	TARGET DATE
1. _____		
2. _____		
3. _____		
4. _____		

What steps are you will to take to achieve your long term goals?