

ACTION KARATE

STUDENT PROGRESS & GOALS UPDATE

For adult brown belts



Name _____ E-Mail _____ Age _____

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

1. How are you contributing to the Action community? (teaching kids, sponsor family, encouraging others, etc.) _____

2. What obstacles are you anticipating in the next phase of training? _____

3. What changes would you make to Action ? _____

4. Is there any area you feel Action could have better served you in your training? _____

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?