

ACTION KARATE

STUDENT PROGRESS & GOALS UPDATE

For adult Purple Belts



Name _____ E-Mail _____ Age _____

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

1. Think back to why you originally enrolled at Action . Why are you here now? _____

2. What has been your biggest obstacle to getting here today? _____

3. In what way, if any, could the Action Karate family help you overcome these obstacles? _____

4. Who at Action has inspired you? _____

How? _____

5. Think back to your strengths and weakness listed on your first goals update. How have these changed? _____

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?