

VALUE WORKSHEET #3

Goals

A GOAL is something you want to achieve and are willing to work hard for.

_____ There are two different types of goals, big goals and little goals. Big goals are easier to achieve when they are broken up into smaller goals. Example, I want to earn my Black Belt (big goal), and I want to earn all my colored belts (smaller goal). Write one big goal and one small goal.

1.

2.

_____ What is one of your goals in Taekwondo?

1.

_____ What is one of your goals at school?

1.

_____ Pick one goal that is the most important to you, and write it on the top line. Then write in four smaller goals (steps) to help you achieve that goal.

STEP 4:
STEP 3:
STEP 2:
STEP 1: