



Life Skills/Homework Sheet

Goals

“What You Are Willing To Work For To Achieve”

In order to accomplish anything in life, we first must know where we are going. We use goals to help us focus our efforts and best use the time and energy we have been given. Set goals that are realistic, but big enough that we have to work to achieve them. Set both long-term (Goals that take several years to achieve) and short- term goals (Goals that take weeks or months to achieve) and then ask yourself what you are willing to do or give up in order to reach your goals. Understanding what it takes to reach a goal is important regardless of whether your goal is at home, at school, at work or in Taekwondo. You can start by writing your goals down!

Set SMART goals -

S = Specific. Write down the goal so you know exactly what you are going to do.

M = Motivating . Your Goal needs to be exciting and make you happy. How badly do you Want your Goal.

A = Achievable . Do you feel like it is possible to reach your Goal?

R = Relevant. Do you know WHY the goal is important to you.

T = Trackable. Can you measure and track your progress in reaching the Goal. Is there a definitive end point?

What is your Goal in Taekwondo?

S _____

M _____

A _____

R _____

T _____

What is your Goal at either home or school? (Parent’s get to choose which one you set a goal for!)

S _____

M _____

A _____

R _____

T _____



Intent to Promote

Dear Parents and Teachers,

Our main objective at ATAFMA is to develop well rounded students, not only at our school, but also in life. That's why our school teaches the principles of Black Belt Excellence. Not only do students become Black Belts in martial arts, but also strive to become academic Black Belts and other areas of their lives.

In order to monitor our student's progress towards these goals, we respectfully request that you complete the following:

School Teacher	The student is doing satisfactory work and receiving passing grades	
	_____	Agree
	Teacher's Signature	(Circle One)
	_____	Disagree
	Date	

Parents	My son or daughter has been behaving in a respectful manner and is cooperative at home.	
	_____	Agree
	Teacher's Signature	(Circle One)
	_____	Disagree
	Date	

If one of our students does not meet these standards, we will hold their testing until there has been satisfactory improvement. If you have any other direct feedback beyond the scope of this form, please feel free to contact us.

Student Name: _____

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