

**Stephen Oliver's Mile High Karate
Goal Setting Work-Sheet**

Goal:

To be a 2nd Degree Black Belt and Live the Black Belt Lifestyle.

Deadline:

48 months from beginning karate to get 1st Degree Black Belt (certified)

30 Months from 1st Degree Black Belt to Second Degree Black Belt

Approximate Goal Date for my 1st Degree Black Belt: _____

Approximate Goal Date for my 2nd Degree Black Belt: _____

Benefits:

Ability to Defend Myself in All Situations

Be a Part of An Elite Team

Achieve the First Step Towards Black Belt Mastery and Life Mastery

Develop Leadership Skills and Public Speaking Skills

Health and Fitness

Total Confidence

Learn Advanced Curriculum:

A life-changing process.

Action Plan:

Get approved for and join the MHK Master Club.

Train consistently 2-3 times per week.

Test regularly every 2 months with 18 classes.

Take personal responsibility to learn material as independently as possible.

Maintain proper nutrition, rest, and exercise.

Practice daily at home 15-30 minutes.

Personal Commitment:

I pledge to do whatever it takes to achieve my goal for the betterment of myself and those around me:

Signed _____ Date _____

You must decide that your goal is worth the time, effort, and money. You must also determine what your obstacles are in advance and decide to do whatever it takes to over-come those obstacles.

All Goals Must Be SMART:

S – Specific

M – Measurable

A – Attainable

R – Realistic

T – Tangible.

Would you like to be guaranteed to receive your Black Belt?

Do these things:

1. Show up 2 or 3 times per week – until you pass your test. Most people who fail to get their Black Belt FAIL because they either stop showing up or they show inconsistently!
2. Set your goal. REALLY set your goal by following all of the steps
3. Take pictures of yourself with a Black Belt and Visualize actually being a Black Belt EVERY Day
4. Parents – don't take no for an answer. Show up 2 or 3 times per week – from now on!
5. Ask your instructors regularly what you can do to improve.
6. Create Desire. Meet Black Belts. Watch Tournaments. Learn more about Martial Arts. Enjoy yourself