



Take the Goal Setting Challenge!

“A goal is something that you want to accomplish”

Karate kids learn they can accomplish any goal they set their minds to with patience, practice and perseverance! It’s not always easy to accomplish goals on our first try. Some goals are fun right from the start, but some goals, like learning to snow ski or playing an instrument can be difficult.

Describe one time when you used goal setting either in your karate class, at home or at school.

Use the Life Skill Adventure Map to complete all 8 Challenges and earn a prize!

Student Name: _____ **Date:** _____