



MKMAC Students News Letter



Goal Setting

Every year around this time we take a minute to talk about goal setting. Setting goals for yourself is an important part of success. If you don't know what you are working toward, it can be very, very difficult to put your best effort forward.

Here are a few things you can do to help keep your goal in mind as you work to achieve big things.

- Be specific. Instead of saying you want better grades, say you want to start getting "A"s.
- Break it down. How do you get better grades? Do you need to study more? Watch less TV? Make daily and weekly commitments that, stacked together, bring you closer to your goals.
- Write it down. Write it on a notecard, on a poster, or even on your mirror. Put your goal somewhere you will see it, as a reminder to stay on track.
- Tell someone about it. Tell a friend, your instructor, your parents or someone else that will remind you of your goal when you start letting things slide.
- Reward yourself! Sticking to your goals is hard work! Reward yourself for keeping up with your commitments by treating yourself to something special.

Master Y.J. Kim's Martial Arts Center

9739 Patriot Hwy

Fredericksburg, VA 22407

www.GoMasterKim.com

