

A GOAL is anything you want to do. Want to score a point in soccer? That's a GOAL! Want to get straight A's in school? That's a GOAL, too! Want to be president of the United States? Guess what, that's a GOAL!

Any time we go to reach a goal, there are certain things we must do, and distractions we must avoid so we can reach those goals. Read each story below, then circle the choice that would best help you reach the goal each time

You have to clean your room before bed tonight, or you won't be able to go play with your friends tomorrow. You've got two hours until bedtime. What should you do?



- a) Go watch TV for the next hour or so; it doesn't take THAT long to clean your room!
- b) Clean your room right now. If you still have time before bed, maybe you can watch cartoons
- c) Forget about playing with your friends tomorrow; you just don't feel like cleaning right now

You've been doing martial arts for a while now, working really hard to one day get your black belt. You've got your next belt test coming up next week. What should you do?



- a) Don't sweat it; it's not like you're not testing for your Black Belt yet
- b) FREAK OUT!! You can't remember your techniques, and the Test is NEXT WEEK!! NOOOOOOOOOO!!!
- c) Practice your techniques for five minutes each day before the test, and get help if you need it

BONUS: with any goal, we don't have to go it alone! Who (or what) are some people (or things) that can help you get ready for your belt test? \_\_\_\_\_

Now it's your turn to make up your own story! Answer the questions below to get started!

What do you want to be when you grow up? \_\_\_\_\_

Now, what are some things you can do TODAY to help you reach that goal? \_\_\_\_\_

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Tell me about one GOAL you reached this week: one thing that YOU wanted to do or had to do! Remember, our goals don't all have to be big! Reaching little goals, one at a time, can add up to some very big things!

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