

# JAN 2016

## Week 1

“THE MOST IMPORTANT THING ABOUT GOALS IS HAVING ONE.”

- GEOFFREY F. ABERT -

## Week 2

“OUR GOALS CAN ONLY BE REACHED THROUGH A VEHICLE OF A PLAN, IN WHICH WE MUST FERVENTLY BELIEVE, AND UPON WHICH WE MUST VIGOROUSLY ACT, THERE IS NO OTHER ROUTE TO SUCCESS.”

- PABLO PICASSO -

## Week 3

“GOALS THAT ARE NOT WRITTEN DOWN ARE JUST WISHES.”

- FITZHUGH DODSON -

## Week 4

“ALL WHO HAVE ACCOMPLISHED GREAT THINGS HAVE HAD A GREAT AIM, HAVE FIXED THEIR GAZE ON A GOAL WHICH WAS HIGH, ONE WHICH SOMETIMES SEEMED IMPOSSIBLE.”

- ORISON SWETT MARDEN -



# PARENT/GUARDIAN LETTER



## Dear Parents and/or Guardians...

This month we will discuss goal setting and why it is important to have goals and write them down. Proper goal setting will help your children decide what they want to achieve in life. Their short-term goals will help keep them motivated and build self-confidence as they successfully achieve their long-term goals.

### HOW CAN YOU HELP?

- Help your children be S.M.A.R.T. about creating goals. Work with them on setting goals that are Specific, Measurable, Attainable, Relevant and Timely.
- Have your children write down their goals including goals for school, home and in martial arts.
- Allow your children to create a timeline including short-term and long-term goals.
- Decide as a family what the celebration will be upon reaching every short-term goal.
- Help your children place a visual reminder in your home where they can see it every day to remind them to stay active in pursuing their goals.
- Discuss with your children why setting goals is important.
- Make sure your children understand that goals are part of teamwork and leadership not just individual accomplishments.
- Have your children get a buddy that has a similar or same goal so they can help and support each other.
- Set family goals to help your children learn the importance of goal setting.
- Be a role model — set a personal goal along with your children so they can watch you achieve. There is no better way to learn than by following an example.

## Goal Setting

GOAL SETTING IS THE PROCESS OF DECIDING WHAT YOU WANT TO ACCOMPLISH AND DEVISING A PLAN TO ACHIEVE THE RESULT YOU DESIRE.

### Master Tony Kook's North Shore Taekwondo

2900 Lonsdale Ave  
North Vancouver, BC

Tel: 604-986-5558

Call today!

[www.northshorettaekwondo.com](http://www.northshorettaekwondo.com)

