

LIFE PERFORMANCE GOAL FORMATION FORM



NAME: _____

What are some areas that you would like to see improvement?
List them here:

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From those areas, develop up to 2 short, attainable, goals. You have 6 months to complete these goals before your next rank, So keep them small. The keyword here is attainable.
One step at a time.

**GOAL
1**

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**GOAL
2**

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Next, find up to 3 people here at SKMA who can keep you accountable to your goals. This can be a training partner or a coach.
Put their names here:

PARTNER 1

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PARTNER 2

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PARTNER 3

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Once your goals are completed, check them off below. All done.
Great Job.

DATE:

/ /

GOAL 1

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DATE:

/ /

GOAL 2

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TRAIN HARD



FIGHT SMART!

SWIFTKICK
MARTIAL ARTS