



## **Setting goals**

In the area below, list several goals that you would like achieve this year in karate. Turn this sheet back in for a stripe! The senseis will be holding on to these, and we will go over them later to see how you did!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_