

2014 MARTIAL ARTS GOAL SHEET

_____ Personal Strategy For Training Success

My #___ Goal Is To...

.....

3 Keys To Success

1

2

3

Date I Intend To Achieve This Goal

Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Completed
JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	<input type="checkbox"/>

Why Is This Important To Me?

.....

Top 3 Progress Indicators

1 Achieved

2 Achieved

3 Achieved

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Goals Summary

Short Term Goals STG (Achievement Date 1-3 Months)

- 1
- 2
- 3
- 4
- 5

Mid Term Goals MTG (Achievement Date 3-6 Months)

- 1
- 2
- 3
- 4
- 5

Long Term Goals LTG (Achievement Date 6-12 Months)

- 1
- 2
- 3
- 4
- 5

Completion Dates

Goal	Date	Type	#	<input checked="" type="checkbox"/>	Goal	Date	Type	#	<input checked="" type="checkbox"/>
-	-14			<input type="checkbox"/>	-	-14			<input type="checkbox"/>
-	-14			<input type="checkbox"/>	-	-14			<input type="checkbox"/>
-	-14			<input type="checkbox"/>	-	-14			<input type="checkbox"/>
-	-14			<input type="checkbox"/>	-	-14			<input type="checkbox"/>
-	-14			<input type="checkbox"/>	-	-14			<input type="checkbox"/>
-	-14			<input type="checkbox"/>	-	-14			<input type="checkbox"/>
-	-14			<input type="checkbox"/>	-	-14			<input type="checkbox"/>
-	-14			<input type="checkbox"/>	-	-14			<input type="checkbox"/>
-	-14			<input type="checkbox"/>	-	-14			<input type="checkbox"/>
-	-14			<input type="checkbox"/>	-	-14			<input type="checkbox"/>

Instructions for utilizing an annual goals sheet for your BJJ, MMA, or other Martial Arts focused training.

1. Be very specific with each **GOAL** you're intending to achieve in 2014. An example goal statement might be, "My goal is to win 1st Place in weight class at the IBJF Pan Am Blue Belt Adult division." This is much more clear than simply saying, "I want to compete more in 2014."

A definitive goal can be intimidating at times because you are consciously admitting what it is you really want to achieve. With that statement comes some pressure and a fear of potential failure in the endeavor. Its human nature. However, its this clarity which creates a vivid mental image that we can use as fuel for our training. The power of this clear goals statement can not be underestimated!

2. **KEYS TO SUCCESS** are those things which you feel will contribute most to your ability to achieve this goal. Identifying them will help you prioritize and isolate your best training strategies. Once again, be specific and avoid vague, arbitrary statements.

3. **ACHIEVEMENT DATE** is ideally a specific calendar date. Try to nail down a specific day even if its not based on a scheduled event. If your goal is centered around a month, then you can select the last day of that month as your definitive completion date.

4. Define the **IMPORTANCE** of this goal. Why does this matter to you? Be honest, this statement is for your benefit and no one elses. This reminder allows for more clarity and added fuel for your mission.

5. The value of **PROGRESS INDICATORS**. These serve as road signs along your path to the end goal. As you reach and pass by a progress indicator, you know roughly how far away you are in the preparation phase of the equation.

6. Short Term, Mid Term, and Long Term Goals. Classifying **TYPE** of goal, by estimated or defined months till completion, is ideal for preparation. The Abbreviations STG, MTG, and LTG are used later in your Goals Completion Section under the "TYPE" column.

7. Under the # column will go the corresponding numbers from the goals listed in the above Type sections.

Here's The #1 Tip For Using This Goals Sheet... like anything else in life, its always easier to start something than it is to finish. To get the absolute most from this method of reaching your training and competition based goals, you can really use one more thing... An accountability partner. Someone who is doing this same thing right along with you. Bring up their goals sheet and frequently encourage them over this next year. Make sure they are moving towards that next Progress Indicator and keeping that # Goal in focus.

Created by BJJ Black Belt, Casey Leonard, of Pennsylvania Combat Sports. Feel free to pass this PDF along to a friend or training partner who would benefit from this valuable tool.

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