

TINY TIGER HOMEWORK

GOALS

Name _____ Belt rank _____

Write down 3 goals that you want to accomplish at school:

1. _____
2. _____
3. _____

Write down 3 goals that you want to accomplish at home:

1. _____
2. _____
3. _____

Write down 3 goals that you want to accomplish at Taekwondo:

1. _____
2. _____
3. _____

DESIRE

Fill in the blank:

To desire something means that you _____ it very badly.

Circle the words that correctly complete the sentence:

When you desire to reach a goal, you should _____

- a. try just a little
- b. give up before you even start
- c. try as much as you can to reach it

MOTIVATION

Put a check on the line in front of each sentence that describes how you can stay motivated in order to reach a goal:

- _____ 1. Tell yourself that your goal is too hard to reach.
- _____ 2. Set shorter-term goals along the way and achieve them in order to reach your final goal.
- _____ 3. Have a friend or family member support you in your effort to reach your goal.
- _____ 4. As soon as you have some trouble, give up.
- _____ 5. Feel a sense of pride as you work hard to reach your goal.

SUCCESS

Success means “a favorable or desired outcome of something attempted”. What would success mean in these situations?

- 1. You have been working hard on high blocks. The instructor uses the yellow “noodle” to practice that technique with the class.

Success means that you

- 2. You want a 100% on your next spelling test so you study the words a little bit each night. Success means that you

- 3. Mom and Dad ask you to take more responsibility for your room. Success means that you
