



Academy of Kempo *Martial Arts*

The “7” Steps To Set A Goal

- 1) Identify your goal - Write down what your goal is, what is your objective?
- 2) How much time do you need to complete your goal?
- 3) Identify your obstacles. What stands in your way to prevent you from achieving your goal?
- 4) Identify who you would have to work with and/or what tools you will need to achieve your goal.
- 5) What are the skills and knowledge necessary to achieve your goal?
- 6) Make a plan of action.
- 7) Write down how this goal will benefit you. What's in it for you?



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The "7" Steps In My Goal

1) My *goal* is _____

2) I will *complete* my goal by (indicate time) _____

3) The *obstacles* that stand in my way are _____

4) The *people and tools* that I need to work with to achieve my goal, are _____

5) The *skills and knowledge* that I must have to achieve my goal, are _____

6) My *plan* of action is _____

7) I will *benefit* from this goal by _____
