My Path to Excellence
S.M.A.R.T. Goal Worksheet

Student Name: _____ **Current Rank:** _____

*"**A Black Belt is just a White Belt who never quit...and knew exactly where they were going.**"*

Part 1: Understand the S.M.A.R.T. Way

To reach your next rank—or any big dream—your goal must be **S.M.A.R.T.** Use this checklist to make sure your goal is powerful:

- **S - Specific:** What *exactly* do you want to achieve? (Not "get better," but "master my sidekick.")
- **M - Measurable:** How will you know you've won? (Numbers, stripes, or a specific date.)
- **A - Attainable:** Is this something you can actually do if you work hard?
- **R - Realistic:** Does this fit your current belt level and schedule?
- **T - Time-Dated:** What is your "finish line" date?

Part 2: Your "Truth in Advance" Statement

We don't say "*I hope*" or "*I want.*" We speak as if it is already happening. This is called "**Present, Positive, and Personal.**"

Example: "*I am a focused Green Belt by March 28th.*"

Write your goal here:

"**I** _____."

Part 3: The Breakdown

To reach the top of the mountain, you have to take the first step. Answer these three questions to create your roadmap:

The Question:	**Your Answer:**
The "Why": Why is this goal important to you?	
The Action: What is ONE thing you will do every day to get closer?	
The Obstacle: What might stop you, and how will you beat it?	

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Part 4: Milestone Tracker
In Martial Arts, we use the **Belt System** to break big goals into small wins.

White – Blue Belts
For White through Blue Belts there are 3 tips before achieving your next belt rank. List three "Tips" (mini-goals) you need to earn before you reach your big goal of a new belt.

1. **1st Black Tip (The Start):** _____
2. **2nd Black Tip (The Middle):** _____
3. **Red Tip (The Finish):** _____

Green – Red Belts
For Green through Red Belts there are 6 tips/ stripes, before achieving your next belt rank. List six "Tips/ Stripes" (mini-goals) you need to earn before you reach your big goal of a new belt.

1. **1st White Stripe (The Start):** _____
2. **1st Black Tip (The ¼ Point):** _____
3. **2nd White Stripe (The Middle):** _____
4. **2nd Black Tip (The ¾ Point):** _____
5. **Yellow Stripe (Fitness):** _____
6. **Red Tip (The Finish):** _____

Return to an Instructor to review and sign.

Target Completion Date: ____ / ____ / 2026

Student Signature: _____ **Date:** _____

Instructor Witness: _____ **Date:** _____