



©2021 MAIA, LLC. / 0121MAIAKIDKICK

Word of the Month

GOALS

The more often you practice setting goals for yourself, the better you will get at achieving them. It's okay to start with small goals. The better you get at accomplishing your small goals, the more you will feel encouraged to work towards your bigger goals! You probably already do more than you think. Write down some goals you've accomplished in the past and use them to create a positive mindset. Then, write down larger goals!

Some goals I have already accomplished are:

- 1) _____
- 2) _____
- 3) _____

Because of this, I know I can reach my BIG goals:

- 1) _____
- 2) _____
- 3) _____

Student Name: _____

Complete form & turn into the Dojo between

January 25 - 31st

Pick out a Prize from the Treasure Chest!!

