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# 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**

**Saturday Jan.27th - Monday Jan.29th - Tuesday Jan 30th**

**SPIN PRIZE WHEEL TO WIN A PRIZE!!**

**FORMS ONLY ACCEPTED ON THE ABOVE DATES!!**

