



# Goals Vs Dreams And Goal Setting

## 2020 Goals vs Dreams

*See you on the mat in 2020!*

*With the start of a new year, it is common for people to set new year's resolutions or as we refer to them as new year's goals.*

*Here are some tips in helping you stick with your goals and be successful in accomplishing them in 2020.*

*First you must understand the difference between a dream and a goal. Both are things we would like to have, acquire, or accomplish.*

*The fundamental difference is, dreams we let happen and goals we make happen.*

*To be successful this year at making your goals come true, follow these steps. What-Why-When-How-Remind*

- 1. What? - Decide on your goal.*
- 2. Why? - Ask yourself why the goal is important you? Knowing why it is important will help you stick with it and not just dismiss it.*
- 3. When? - Set a target date for achieving this goal. This keeps you from pushing your goal off to a later date.*
- 4. How? - Figure out a plan of action to help you achieve this goal. Follow the plan!*
- 5. Remind - Lastly, post the goal somewhere where you will see it on a daily basis to help remind you to stay on track. Post it on your fridge, bulletin board at work, or even daily reminders in your phone.*

*Make a commitment to yourself to let NOTHING stop you from achieving your goals. You are bound to encounter obstacles / goal barriers along the way. Whether illness, time, money, relationships, injury, or just laziness, something will undoubtedly challenge you not to accomplish your goals. Promise yourself now that you will overcome your obstacles and accomplish your goals.....and you will!*

*Some of you got lost on your martial arts journey or fitness journey in 2019. I hope some of you will be setting goals to return to the mat in 2020.*

*I look forward to seeing your face in the coming weeks!*

*See you on the mat in 2020!*

*Sensei Rob*



# Goal Setting

## 5 steps to success

### Goal setting Worksheet

1. *What? - Decide on your goal.*

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