

# JAN.

## week 1

"THE DICTIONARY IS THE ONLY PLACE WHERE SUCCESS COMES BEFORE WORK."

- VINCE LOMBARDI

## week 2

"EVERYTHING COMES TO HIM WHO HUSTLES WHILE HE WAITS."

- THOMAS EDISON

## week 3

"THE DIFFERENCE BETWEEN THE IMPOSSIBLE AND THE POSSIBLE LIES IN DETERMINATION."

- TOMMY LASORDA

## week 4

"OUR GOALS CAN ONLY BE REACHED THROUGH A VEHICLE OF A PLAN, IN WHICH WE MUST FERVENTLY BELIEVE, AND UPON WHICH WE MUST VIGOROUSLY ACT."

- PABLO PICASSO



# PARENT/GUARDIAN LETTER



## Dear parents and/or guardians...

This month we're discussing the importance of setting goals for ourselves and working towards accomplishing them. Martial arts classes provide a wonderful environment for this, because children are encouraged to set and meet goals for themselves, such as learning a new move or earning the next belt. The confidence they gain from seeing how they can accomplish their goals will inspire them to meet any goals they set for themselves in school, other extracurricular activities, and home life.

### HOW CAN YOU HELP?

- If your child is having trouble defining their goals, help by setting a few small goals for them. Focus on goals you know your child is capable of achieving but are not so easy that

they're effortless. When your child succeeds, encourage them to set a similar, more challenging goal for him or herself next time.

- Talk about your own goals and how you are working to accomplish them. Encourage your child to do the same.
- Create a "Goal Chart:" Have your child write down five or six goals, a list of steps they can take to accomplish each one, and a date by which they want to have accomplished the goal.

### GOALS

**IN SOCCER, A GOAL IS A POINT THAT YOU SCORE. YOU CAN THINK OF REAL-LIFE GOALS THE SAME WAY - THEY'RE POINTS YOU SCORE BY ACHIEVING SOMETHING THAT YOU WANT.**

