

**MASTER  
CONNELL'S**



**TAEKWONDO**

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## HAPPY BIRTHDAY!

*Kaden Connors  
Milan DeNicola  
Denon Smith  
Gavin McGrady  
Emma Snow  
Khloe Brown  
Blake Minto  
Rachel Friel  
Cole Frederick  
Abigail Colonna  
Marek Dumbaugh*

## CONGRATULATIONS NEW BLACK BELT CLUB MEMBERS!

*Reagan Matthews  
Isaac Book  
Joshua Yost  
Aria Yost  
Mason Kraynik  
Camden Schaefer*

## CONGRATULATIONS NEW LEADERSHIP MEMBERS!

*Carson Beck*

## UPCOMING EVENTS

- *Regional Tournament  
Moon Township High School  
November 4th*
- *Collar Advancement Seminar  
November 12th*
- *Shopping Day  
November 18th*
- *Thanksgiving  
November 23, 24 & 25th  
CLOSED*
- *December Testing  
December 14, 15 & 16th  
ALL CLASSES CANCELLED*

# GOALS in your community

A goal is something you want to achieve and are willing to work for. If you're not willing to work for it, then it's just a wish and not a goal. We can set goals for more than just ourselves, we can set goals to help others or make the world around us a better place. It can be something to help your neighbors, your school, your church or even the whole area where we live. Ask a parent to help you come up with a goal that will help others.

Setting goals and writing them down is the first step to being successful in all areas of life. If you don't set goals, you have no plan for where you want to go in life. If you don't write them down, it's easy to make excuses for yourself later saying, "That really wasn't what I wanted anyway." One of the most effective ways to achieve what you want is to set a S.M.A.R.T. goal. The letters of S.M.A.R.T. each stand for a word. Using the system below, you can set a goal and make a plan to help you reach it.

**S**— Specific: If someone offered to buy you a lollipop, and you didn't tell them what kind, you may not get one you liked. Perhaps you tell them you want a red one. You still might not get the one you wanted because red lollipops could be cherry, strawberry, watermelon, raspberry or fruit punch! Stating you'd like a cherry lollipop is specific, and it gets you what you want. Just saying, "I want to be a better friend", won't really help you achieve what you want. Do you want to help other kids who need toys this year? Be nicer and visit older friends and neighbors when they are lonely? Participate in charity with your church? If you are not specific, it will be hard to figure out what to work on to achieve your goal.

**M**— Motivating: You need to choose a goal that you'll be excited to achieve. Maybe your goal is to help your school classroom raise the most money for Caring Angels this year. You may be motivated to get to that goal because you'll be proud to be the winning classroom and there may be a special party or reward for the winning class. If you don't have a reason that makes you want to get to your goal, it will be much harder to get to it.

**A**— Achievable: If I set a goal that I would like to jump 3974 feet straight up in the air and sidekick, I may have a problem reaching it. Sure, it's pretty specific. And I may REALLY want to be able to jump that high and be motivated to do so. The problem is that I picked a goal that isn't able to be reached. Human beings cannot physically jump up that high, and even if we could, we'd probably get hurt when we landed! It's important to pick a goal that is actually possible to reach. Your goal can be a short range one, that you can complete in one day, or maybe in one class. It could be a mid-range goal that takes you a few days or even a few weeks. You could even have a long range goal that takes months or even years to complete like going on a mission trip with your church!

**R**— Relevant: If my goal is to be a nicer person to my family and friends, it won't do me much good to keep acting the same way I always do. Your plan to reach your goal has to be a way to make your goal happen. If you want to really be a nicer person, you could make sure to smile at everyone you see throughout the day and try to use please and thank you at least once every day. Both of those activities will help you be a nicer person to your friends and family, so they are relevant, or about your goal.

**T**— Trackable: There has to be a way for you to see how close you are getting to your goal, or to see if you have reached it. This is especially important if your goal is a long range goal, or one that takes a long time to be able to achieve. By writing down and keeping track of your progress, you'll know if you are working towards your goal, or if you're standing still. If you aren't sure how to track your goal, ask an instructor for help!