

## REVIEW of Testing Goal

Did I track my progress? What was the end result?: \_\_\_\_\_

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How did I do? Am I satisfied with my work? \_\_\_\_\_

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Did I actually do my plan? Why or why not? \_\_\_\_\_

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What did I learn from this experience? \_\_\_\_\_

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Will I do anything differently next time? \_\_\_\_\_

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Name: \_\_\_\_\_

## My TKD Testing Goal for

March / June / Sept / Dec / Jan

What do I want the end result to be? \_\_\_\_\_

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### PLAN (to make it happen)

The specific action(s) I will do: \_\_\_\_\_

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How often: Daily / Weekly / Other: \_\_\_\_\_

Number/Time: \_\_\_\_\_

Time & Place: \_\_\_\_\_

I will track my progress by: \_\_\_\_\_

I will hold myself accountable by: \_\_\_\_\_

I will make my goal visible by: \_\_\_\_\_

My Mantra for this goal: \_\_\_\_\_

**CHECK: Is this plan realistic?  
If not, adjust it now.**