



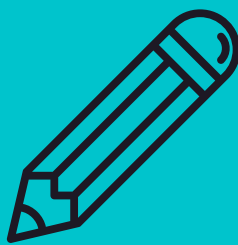
SETTING GOALS WITH KIDS

INTRODUCE THE CONCEPT



Use examples of how your kid has achieved a goal or overcome a challenge to explain the concept. Share examples of your personal goals.

BRAINSTORM AND WRITE DOWN IDEAS



Goals must be something your kid chooses. Ask them what they want and why it is important. Write down goals and post them up as a reminder.

START SMALL AND SMART



Identify small goals with short time spans. Also choose a goal that is Specific, Measurable, Achievable, Realistic and Timely (SMART).

BREAKDOWN GOALS INTO STEPS



Identify specific steps towards reaching the goal. This includes who can help, what needs to be done, and when. Small wins along the way helps with motivation.

TRACK AND REWARD PROGRESS



Find a fun way to track progress like creating a star chart. Keep it positive with small rewards for completed steps to acknowledge your kids efforts.

REMEMBER TO FOCUS ON PROCESS



Achieving a goal isn't the only objective. The aim is for a fun learning experience to build goal-setting habits. Life is unpredictable and failing is okay. It is all a valuable lesson about facing challenges.