

# FAMILY FOCUS

## Ready, Set, Goal!

### Help Children Set and Achieve Goals

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Children gain confidence and build self-esteem through setting and achieving goals. It helps them focus and make better decisions. Children are naturally great goal-setters. Adults should encourage these early ideas. Goal setting may be something new to children, but just like brushing their teeth or picking up their toys, goal setting should become a habit for them. Since they are just starting out, it is important to remember that the emphasis should be on the process of achieving their goal, not just the goal itself. The idea is to get children started in the habit of planning and taking action in order to achieve results.

#### Goal Setting Tips:

1. **Set the Goal:** Ask children what they would like to accomplish during the week or month and then make a list. Writing it down helps children focus on the efforts of meeting the goal.
2. **Develop a Plan:** Divide up the goal into small steps to help children feel successful.
3. **Record the Child's Progress:** Charts are a great visual reminder of the goal setting process.
4. **Set a Deadline:** Writing down the date to accomplish the goal helps it become a reality.
5. **Reward Achievement and Provide Incentive:** Success in itself is often a great reward, but sometimes more motivation is needed. Some rewards can include: family game night, stickers, high fives, or singing a goofy song - let children choose their favorite activity and family time.

#### What do you do when they don't meet their goal?

Even if children don't reach the ultimate goal, there are still valuable lessons about planning and goal setting that can be learned along the way. More importantly, they will learn some new things about themselves and develop their confidence and self-esteem.

Goal setting can transform into a powerful belief that dreams can come true if they work hard enough to achieve them.

Source: [www.omo.co.za/active-learning/goal-setting-for-kids](http://www.omo.co.za/active-learning/goal-setting-for-kids)



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