



Goal Setting

GOAL SETTING is the act of determining what someone wants to achieve or accomplish.

Activity 1

Teach your child that GOAL SETTING is choosing an outcome that you want to attain, and then making and following a plan that will help him or her accomplish it. Read and discuss the quote by hockey champion, Wayne Gretzky, *"Failing to prepare is preparing to fail."* Explain that by planning steps your child will take to accomplish a goal can help him or her achieve excellence.

Activity 2

Ask your child, *"If you never make a plan and just 'go with the flow,' where will you end up?"* Read them the following lines from *Alice in Wonderland* by Lewis Carroll: ***"Would you tell me, please, which way I ought to go from here?" Alice asked the Cat. "That depends a good deal on where you want to get to," said the Cat. "I don't much care where," said Alice. "Then it doesn't matter which way you go," said the Cat.*** Encourage your child to set goals that will help him or her know which way to turn to achieve excellence.

Activity 3

Help your child set short-term goals that he or she can reach. Explain that short-term goals can be accomplished in a short time. To illustrate the need to have short-term goals, challenge your child to go from the couch to the kitchen table in one giant leap. Have fun trying to take the biggest steps possible, and count off how many steps are required to reach the table. Explain that short-term goals are like steps that help your child get to the goal. Set a goal with your child, and work together to achieve it. (For example, to earn an excellent grade on the spelling test on Friday, your child could set a goal to learn five spelling words each day.)

Activity 4

To illustrate the importance of goal setting, plan a pretend trip with your child to a fun destination. Decide together where you want to go, such as Grandma's house or Disneyworld, which is the goal. Use a map to plan which roads to take in order to arrive at your chosen destination. Explain that knowing where to turn and how far to drive will help you arrive at the desired place. Ask your child what would happen if you took the wrong road. (Could get lost, end up in the wrong place) Encourage your child to set goals and make a good plan that will lead to excellence.

Activity 5

Teach your child that goal setting is a way to plan what he or she wants to accomplish. Read and discuss the saying: *"Begin with the end in mind."* Explain that when a person decides what he or she wants, it is easier to know what steps are needed to achieve it. Illustrate the value of thinking about the end product by completing a jigsaw puzzle together. Use the picture on the box as a guide to know how and where to put the colors and pieces. Have fun together.