



Parent's Guide



Goal setting for children is important because it gives them a sense of purpose that can improve their confidence and build their self-esteem. It also helps them to focus and make better decisions.

Along with this, goal setting can be used to motivate children by ensuring that they achieve smaller goals on a regular basis.

Kids who have goals - whether sporting, academic, or even personal ones - will do better in life than kids with no plan at all. With this in mind, teach your children the necessity of goal setting and how to actually go about it.

Since your child might just be starting out, it's important to keep in mind that the emphasis should be on the process itself, not just on the end result which is the achievement of goals.

Goal setting tips:

Start out with a simple goal that is effortlessly achieved.

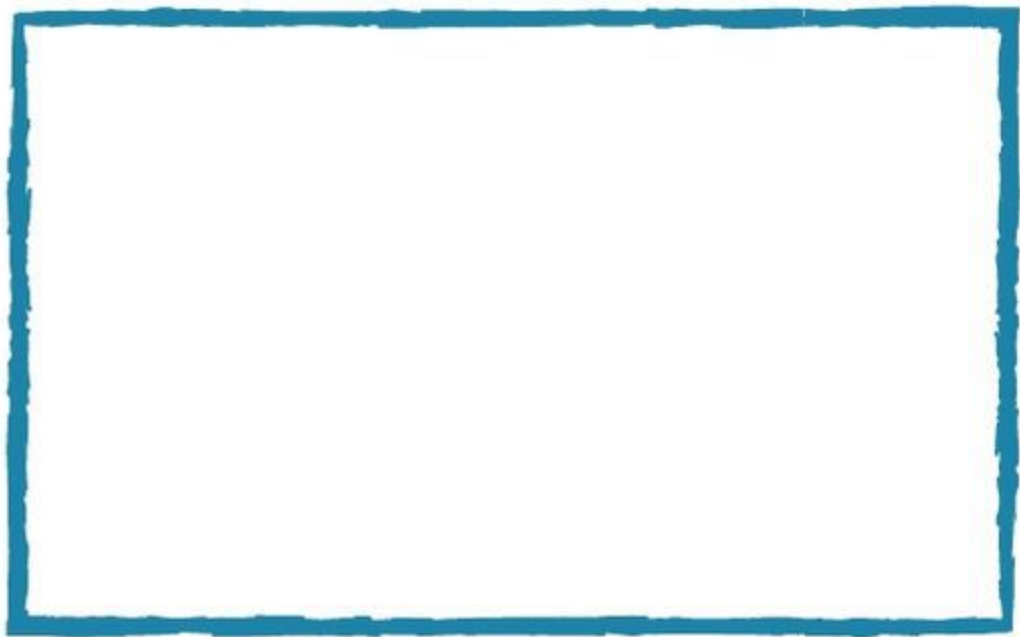


Challenge Yourself

Try different things to enrich your life

New Things I tried recently:

Draw Or Describe how it made you feel:





Skills I want To Improve

Goal	Steps	Results

List some of the things you can't do... **YET**

Include the steps you will take to learn

The form consists of three large, empty yellow speech bubbles arranged vertically on the left side, intended for writing a list of things one cannot do yet. To the right of each yellow bubble is a smaller, grey speech bubble containing the word "YET" in red, capital letters, serving as a visual cue for the word to be used in the list.

Mind Map

Map out your goals for the year.
Add as many arrows as you like

Relationships

Social

**My
Priorities**



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graph TD; A((My Priorities)) --> B[Relationships]; A --> C[Social]; A --> D[Creativity]; A --> E[Health];
```

Creativity

Health

My Not-To-Do List

Stuff that distracts me &
Waste my time



Stuff that stresses me
out & gives me anxiety



Stuff that doesn't actually
need to be done



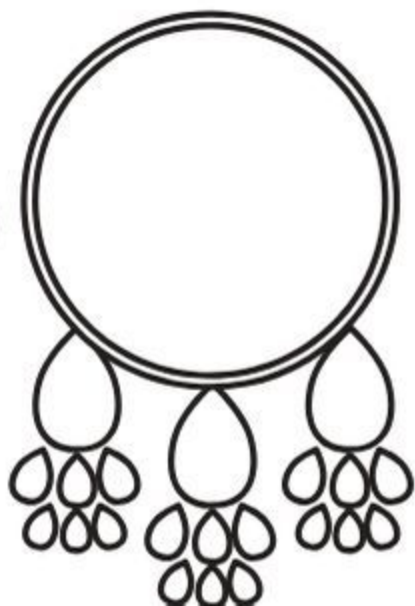
Stuff that drains
my energy



BELIEVE
YOU CAN



You Will



Letter to myself

Write a letter to yourself on what your goals are and what you want to achieve in the next one year. Keep the letter hidden and re open it after a year and see how much you have achieved.

Date....