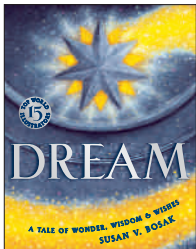


# 8 TIPS TO HELP YOUR CHILD SET & ACHIEVE GOALS



Teaching children goal-setting skills is critical to their success in school and in life, says bestselling author and educator Susan V. Bosak. Working toward dreams helps children look to the future, offers a sense of hope, teaches responsibility, and helps children believe in who they are and what they can accomplish. Bosak's award-winning bestseller *Dream* inspires both children and adults. Once you're inspired, try these ideas for taking action!

- 1 GOAL-A-DAY** Set a new goal each day for the whole family. The goals can be anything – from eating at least two pieces of fruit one day to making sure the kitchen gets cleaned up the next. The important thing is to work together and develop a goal-setting habit.
- 2 HISTORICAL HERO** Encourage children to choose a Historical Hero – an interesting historical figure who has achieved success and can serve as a role model. Make it a family project to learn more about him or her.
- 3 DREAM CHEST** Make a decorated Dream Chest out of a cardboard box. Over time, children can fill it with newspaper/magazine articles, images, cartoons, quotations and other items that inspire or interest them. Reviewing the contents periodically helps them look for patterns and discover who they are.
- 4 GOAL LETTER** Start the school year with a Goal Letter. Children should identify something they'd like to learn more about, learn how to do, or a fear they'd like to overcome. With the help of an adult, they write a Goal Letter that includes what they want to do, why they want to do it, the specific steps to get it, and a specific date to achieve the goal.
- 5 LIST IT** Help children make "to do" lists. Lists are important to keep kids focused and on track. Start with everything they need to do, and then prioritize items. You can also chunk them into different areas, like school, hobbies, personal development. Checking things off the list is a great source of accomplishment!
- 6 GO FOR THE GOLD** Over the long term, encourage children to set Bronze, Silver, and Gold Goals. A Bronze Goal is an easier goal that's attainable in a shorter period of time. A Gold Goal, on the other hand, is more of a stretch. If goals are too easy, children won't grow and reach their potential. A Gold Goal is still one that's achievable and realistic, but it may require more work and a longer period of time to attain.
- 7 WORD WATCH** As a parent, watch your language! The words we use out loud and in our head can prevent us from achieving goals. Goal-Buster words include no, never, can't, won't, if, and maybe. Watch your own language and encourage children to be aware of the words they use when faced with a new challenge, an old fear, or something that seems overwhelming.
- 8 DREAM TIME** Set a Dream Time every week. Read inspiring books aloud together and discuss them. What interests kids? What inspires them? What questions does a book spark? What more can children find out?