



5 STEPS FOR EFFECTIVE GOAL SETTING



STEP 1: WRITE DOWN YOUR GOAL

Research shows people are 33% more likely to achieve their goals if they write them down.



STEP 2: MAKE YOUR GOAL SPECIFIC AND MEASURABLE

Lots of research around SMART goals [Specific, Measurable, Achievable, Realistic, and Timely] has shown if one takes the time to define a goal, it will have a higher rate of success. Use the template below to define your goal:

I will _____ by _____

When and with whom? _____



STEP 3: IDENTIFY A "GOAL BUDDY"

Studies show those who had an accountability partner with weekly check-ins achieved their goals significantly more than those who didn't.

A "goal buddy" can be your friend or family member. You can have more than one!



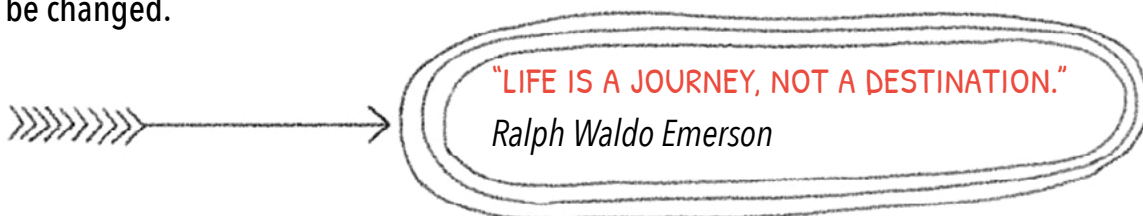
STEP 4: NAME POTENTIAL SETBACKS AND CHALLENGES

It's important to think of potential challenges and setbacks which can prevent you from achieving your goal. In fact, some studies show that imagining roadblocks can increase productivity, improve time management, and reduce stress.



STEP 5: SCHEDULE REVISING DATES

Set a few dates to revisit your goals. It's a great opportunity to celebrate small successes you already achieved. Also think if the current goals are still meaningful to you or need to be changed.



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ESSENTIAL TIPS TO HELP YOUR

TEEN *set* *effective*

GOALS

by Big Life Journal

1 MAKE SURE IT'S THEIR GOAL NOT YOURS

- Teens can easily reject any attempt to be controlled.
- Allow your teen to set the goal and don't manipulate them into fulfilling your goals for them.



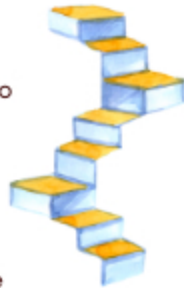
2 PARTNER WITH THEM AND SUPPORT THEIR INTERESTS

- If what your teen wants to do is safe and reasonable, you have an opportunity to show interest in their passion and partner with them.



3 INTRODUCE GOAL SETTING AS A TOOL TO SUPPORT THEIR DREAMS

- It's better NOT to force teens to do goal setting or introduce it as a "should" or "must."
- For example, an effective invitation to goal setting could be, "Sounds like you're interested in improving your Spanish so you can get selected for the school trip to Spain this summer. What a great idea. Would you like me to support you in creating a plan?"



4 KNOW WHEN CONVERSATION ABOUT GOAL SETTING IS APPROPRIATE

- If a teen is complaining about a task, like having to complete homework, don't initially try a conversation about goal setting.
- It's more effective to skillfully address their complaint first.



5 DEMONSTRATE THEY'RE IN CONTROL

- What if your teen is complaining about a situation they see as outside of their control, like a bad grade? This is a great opportunity to partner with your teen by empathizing, "Sounds like you're frustrated with your score in math."
- Then, point out how they have accomplished other goals on their own.
- Finally, name what your teen specifically did in order to accomplish this goal. This is important in building your teen's awareness of how effective they already are.



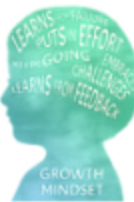
6 HELP TEEN REVISE GOALS TO BE SPECIFIC AND MEASURABLE

- Sometimes a goal involves someone else's decision. For example, "I want to make the track team" may ultimately depend on a coach's decision.
- Instead, help your teen identify the qualities and skills it would take for them to get onto the team.



7 EXPLAIN IT'S ABOUT THE JOURNEY NOT THE DESTINATION

- We don't want to teach our teens they can't be happy or satisfied NOW, and that they'll only be happy once they reach their goal.
- Explain to your teen they can be satisfied in all aspects of the goal-setting process. It is the process that can ultimately build a [growth mindset](#).



8 HELP THEM SEE A DEEPER VALUE AND BENEFIT TO THEIR GOAL

- Goals are more likely to be achieved if one considers the "why" or purpose behind the goal.
- If we say to teens, "Clearly that's important to you. Tell me more about it," teens are more likely to open up.
- You can validate your teen's initial reason while helping them see a deeper value and a benefit to their goal.

