

How to introduce goal setting to your family and start making yourself a priority

- Make it fun. Create a template that everyone can decorate and write their goals on. Put some music on, sit together, connect, and enjoy time together.
- When deciding on goals remember to prioritise the journey not the end goal. The process needs to be something you will enjoy and look forward to doing.
- Preparation is key. Create a timetable and space allowing each of you time to work on achieving your goals.
- Teamwork makes the dream work. Regularly check in with your child on how each of you is progressing, you can discuss where you are succeeding and where you are having trouble and how you intend to grow past your hurdles and what help you may need.
- Celebrate all wins, like really make a big deal about it, placing the most emphasis on the character traits that made success possible.

_____ 's Goals for 2023

My Goals

How I will measure my progress

Milestones achieved

Hurdles I've Had

My Reward for Achieving My Goals
