



PowerTalk for Families

Lesson 2- Goal Setting

In class today, we talked about realistic goal setting. Well-set goals serve as a compass, keeping adolescents on course toward a healthy future. Adolescents who set and reach personal goals have a stronger sense of self and make better decisions. We learned that some goals are short-term goals and other goals take longer to achieve. Goals can include learning a new skill, preparing for college or a career or working on personal characteristics you would like to change, like controlling your anger, learning to be more patient, being proud of who you are.

Students learned the four criteria for naming a goal and the steps for reaching a goal.

Goal Setting Criteria-in order to achieve a goal, it must be realistic. Realistic goals are:

- Personal- it must be *your* goal and not someone else's
- Positive- it must be something you *will* do
- Specific- it must be measurable so that you know when you have reached it
- Possible- it must be something you will be able to accomplish

Steps to Reach a Goal:

1. **Name it**- identify the goal
2. **Believe**- picture yourself reaching it to help you believe that you can do it
3. **Plan**- make the "to-do" list of how to get there, get the resources that you will need and people that will help you.
 - What steps do I need to follow to achieve my goal?
 - Who will help me to achieve my goal
4. **Go for it**-act out your plan step by step
5. **"Good Job"**- it is important to celebrate your success and to recognize your accomplishments

As a family, discuss a Family Goal—one that everyone can participate in. Use the Goal Setting Criteria and Steps to Reach a Goal listed above. Examples of Family Goals might be saving money for a family vacation, conserve energy in the home, collecting items throughout the house to sell at a garage sale in order to raise money for a charity, finding new ways to show kindness to one another.

For more information on *Realistic Goal Setting: Finding Balance in a Busy World*, check out this month's Parents Use Your Power newsletter at:

<http://thepowerofchoice.info/6-8/parents/newsletters/parents-use-your-power-newsletters/>