

# GOAL-SETTING

## **What is a Goal?**

You set a Goal whenever you say, "I want to..." Your Goal might be that you want to get a pet dog. Or that you want to learn to dance - or to play football well. Or your goal might be to get better grades at school.

## **Why are Goals important?**

When you have a Goal, it makes you feel full of energy. Having a Goal makes you feel good about yourself and about everybody else. It makes life much more FUN!!!

## **When is a Goal a good Goal?**

It's always good to have a Goal. But there are ways to make Goal-setting even more fun! Here is a list of four things that make a good Goal:

### **1) A good Goal says EXACTLY what you want.**

For instance, you might say, "I want a pet." That's not a very exact Goal, is it? If you said, "I want a pet DOG," that would be a good Goal. But suppose you said "I want a dog, that will be a little bit smaller than me, it will be brown and black, it will have big pointy ears, and a nice long tail," then that would

be an EXCELLENT Goal, because you are saying EXACTLY what you want.

**2) A good Goal says WHEN you want it.**

If your goal is "I want to get good grades at school," to make it a good Goal, you would say something like: "I want to get grades that are one grade higher than the ones I got in my last report card. And I want to get these grades by the time I get my next report card." That way, you're saying EXACTLY what you want, AND you're saying EXACTLY WHEN you want it!

**3) A good Goal is when you believe it.**

If you said, "I want to learn to fly like a bird," that's not a good Goal, because you can't believe it, because you know you haven't got wings! But if you say, "I want to learn to hang-glide next summer," then that's a good Goal, because you know that it is possible, so you can believe in it!

**4) A good Goal says HOW you're going to get it.**

To have a good Goal, you need to make a PLAN. This is great fun! The plan will be different for every Goal, because every Goal is special. You will need a big piece of paper. This is how to do your plan:

## Plans for Goal Setting

a) Write out your Goal at the top of the page. When you write it, pretend you are already in the process of getting it now! For instance, you might write, "I'm going to get a pet dog," or "I play football better and better." There is a part of your brain called the "Lower" brain, and this part thinks about your Goal all the time, even when you're thinking about something else. This part of the brain doesn't understand about "now" and "later". So you must write your Goal as if you're starting to achieve it already, so that the Lower brain can understand it.

b) Under your Goal, write WHY you want it. Try to think of as many reasons as you can! If you write, " I want to learn to get better grades in school to please Mom and Dad," that's very good. But it would be even better to write: "I want to get better at school to please Mom and Dad, and so that school will be more fun, and so that I can help other children with their lessons, and so that later on, I'll be able to choose from many different subjects at school, and so that, when I grow up, I'll be able to do whichever job I most want to!" If you wrote that many reasons, then your Goal would be so special, nothing will stop you from getting it!

c) Next, write WHEN you want your Goal. This could be a week, or two weeks, or even a year!

d) Now, you need to write down exactly what you will need to do to get your Goal. To do this, work backwards. Take your Goal, and say, "What is the step BEFORE this?" For instance, if you want to get better grades at school, the step BEFORE that might be to do your homework as soon as you get home each night.

It's often a good idea to ask Mom and Dad for help with making your plan. They might have had similar goals in the past and can suggest steps to help you complete your plan.

### **What if I don't get my Goal first time?**

It doesn't matter!

Mr. Edison, the man who invented light bulbs, tried thousands of ways to make light bulbs before he found a way that worked!

And each time he tried something and it didn't work, Mr. Edison said "I've learned another way not do make a light bulb!" - and he was happy, because he had learned something. Then he tried a NEW way, until he got his Goal of making a light bulb!

So, we must remember:

- 1) Always look for what you can LEARN when something doesn't work!
  
- 2) NEVER, EVER give up, - you WILL get your Goal in the end!