

GOOOALS!!!

Helping Your Kids
Win in the New Year

KIDS EDITION



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They say "goals without a plan is just a wish."

Christmas for your children is a time for wishes. It is a season of creating a "wish list" of all the toys, devices, and other things they hope to get from you or from grandparents. Children will sit down with a fresh piece of paper and list off everything they dream of getting on Christmas morning, with no real idea or plan for how mom and dad will ever afford all of it. It is a fun and exciting part of childhood.

As you move on from Christmas, it is New Years. It is the time of year where adults make their own wish list of things called "resolutions". 80% of adults break their "grown up wish list" before January is even over.

The reason why both lists fail is because they are wishes, not plans. Neither have strategy and a set of steps to make dreams become reality. It is important for parents, but especially for children, to begin to learn to come up with goals with a path mapped out to win! Like the sports they may play, there is practice, plays, preparation and a plan in place to score a GOOOAL!!

Here are some hints to help you assist your child in creating goals for the New Year (or whenever):

PRACTICE

"Practice makes perfect", at least that is what they also say! If you want to start getting your child ready to make some goals for the new year, or any time, start small. Start with practice goals. Before you plan a whole 12 months ahead, practice a few smaller goals for the next 12 days, maybe depending on the age of your child, the next 12 hours.

Come up with some realistic short-term goals for different areas related to the long-term goals. Use these goals as practice for losses and wins. Allow them to learn from the fails and celebrate the success with them!

Examples: Grades

- Long Term Goal: Get straight "A's this next grading period
- Short Practice: Get an "A" on the next 3 assignments.

PLAYS

We teach our children to play nice with others and how to play together. If your child is on a sports team, they do not play alone, they play as a team. Their coach teaches them the plays, to score together as a team. The same things should be true as a family team. As a team, come up with ways to play together to achieve the goals that they are working on.

As you begin to make your list of goals, work together and make sure that not all the goals are individual or self-centered goals. Children will tend to think individualistically and self-focused. Make sure they are thinking of others as well.

Remember to only make a short list of realistic goals at a time. For your younger children, it might be just 1 or 2 goals. For older children in later elementary, the list may be a bit longer. Once their goals are reached, they can always make new ones or add on to the list.

As you work with them, share your own goals as well. Show them by example what it means to play together with others in working toward a common goal or idea. It will help them now, later their own family, and most definitely in their future work plan.

Examples: Grades

- Find somebody to study with.
- Be willing to ask my teacher when I am struggling on something.

PREPARATION

"If you fail to prepare, you prepare to fail", is another one of those things we hear throughout our lives. Preparation for the win comes after learning at practices and working through the plays.

Taking your child's list of goals, think with them through the preparations for each one, writing them down beside or below each goal. Have your child think through all the things that will go into reaching and succeeding their goal.

Preparation may even become a list of questions to be answered in the next planning stage. Challenge your child with realistic expectations and share your own experiences, not to discourage them, but to aid them in the best preparation possible.

Examples: Grades

- Preparation: I need to make sure to come to class each day ready.
- Questions: How much sleep do I need each night, to make sure I am awake and ready for my day at school?

PLAN

The final step is to create a plan to make the goals! Taking the list your child has made, you together are prepared start working on the plan for each G. O. A. L.!

G - Get Specific

What are the specifics of the general goal? Take the time with your child to talk about what exactly they want the goal to be. Once again, like in most sports, there is a marked out, specific goal area, that identifies a scored point.

What are the specific marked out areas of the goal area that will identify a win in that area?

O - Organize

Make a list for the list. Teach your child to be intentional and organized with each specific goal. Based on age, this may take on various forms and may look different depending on different children, even inside your own home.

Have your child organize the list of goals into order of importance. The key is to make sure now that you are getting more specific about the goals, that they are thinking about getting specific in organizing.

A - Achieve

With the list planned, specific, and now organized, it is time to think through the steps to achieve and win! Helping your children achieve their goals is a step by step process like everything else you have taught them in their lives...potty training, bike riding, and so on.

Depending on the goal and the age of the child, come up with a few steps for the goal/goals. Remember...little steps, not giant leaps. Just like our own adult "goals," we don't lose 10 pounds overnight or get the promotion in a week.

Once your child and you have come up with the steps, come up with times to tie to each one. What is the time goal for the achieving goal and how long will each step take?

L - Live It Out

Finally, it time to start the process of living out their plan to win their goals. Here are some helpful hints and suggestions:

- *Take time to take the list to another trusted adult (relative, teacher, pastor...) for them to look at. It will add extra encouragement and a fan to cheer them on.*
- *Spend some time in praying over the goal/goals as a family before you start and throughout the process.*
- *Post the goals somewhere as a reminder for them and others to see like on the refrigerator, bathroom mirror, and bedroom wall.*
- *Look up encouraging and related Scripture to study to go along with goals.*
- *Don't allow them to quit if they mess up. Keep on going. There is nothing wrong with giving it another shot or restarting with what they learned from a miss.*

EXAMPLE: Grades

G - Get Specific:

1. I would like to get a better grade on my next report card in math.

O - Organize

1. I need to make sure my math book is in my bag.
2. I need to talk to my teacher on anything I am struggling with.

A - Achieve

1. Bring math book home.
2. I will not play games or turn on my devices until my math homework is done.
3. I will have mom or dad double check my homework.
4. I will make sure I correct or practice anything I am struggling with.

L - Live It Out

1. Show grandma my list, and when she calls, I will tell her how I am doing.
2. Pray over my goal at bedtime.
3. My goal, along with my most current math grade, is on the fridge
4. My verse for this goal:

Phil. 4:13 "I can do all things through Christ who strengthens me."