

Goal setting for kids:
Helping your kids set
and achieve goals.



Start small

Achieving a goal is a great motivator. Let them start with a small, doable, fun goal, like finishing a book or a puzzle before trying something bigger.



Be specific

Knowing exactly what they want makes it easier to visualise the goal. Instead of just choosing to get good grades, let them articulate their ideal score.



Choose relevance

The goal should be for something the child really wants. This will ensure that they have fun while they work towards achieving it.



Plan

Teach them to plan. Charting a plan of action will help children understand the path ahead and help them learn the art of prioritising, preparation, and effective time management.



Track progress

Setting a goal is effective only when there is way to measure progress. Set milestones or decide on a time-frame before they start to help them improvise.



Encourage

Positive feedback spurs action. No matter what the outcome, choose to be non-critical to foster a child's true potential.



Reward

Having something to look forward to nurtures positivity. Choose a reward they would want to work for to make the whole task worth their while.



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