

8 Essential Goal-setting

TIPS

That every parent with teens needs to know!

01

Whose Goal is it anyway?

Remember the last time you were forced to take action against your will? Probably not your best memory. Teens can be especially sensitive and social emotional learning can play a big role. Remember to:

- » Listen to what inspires them.
- » Avoid encouraging them to fulfill your goals for them.
- » Challenge them to set a goal that makes THEM excited!

02

Together is Better!

Everything is easier when you have support. All you need to do is:

- » Make them feel supported to explore their passions, by showing interest.
- » Remind them that they are safe ... and being listened to.

03

Dream on ...

It's always easier to set a goal that brings us closer to our dreams. Support their dreams by:

- » Referring to goal setting as a tool that will help accelerate achieving their dreams.
- » Eliminating all "should's / must's / do's!"
- » For example: "Sounds like you want to improve your backhand, so you can make the Tennis team this year. That's a great idea. Would you like me to support you in making a plan?"

04

Timing is Everything

There's a time and place for everything – and that includes goal setting too. Increase the chances they will engage by:

- » Addressing their other complaints or concerns first.

** If they are struggling elsewhere (ex: homework, house chores, friends, teachers ...) they will likely not be as open to discussing.

05

Who's in Control?

This is not the time to get territorial. Show them that they're in control of their results, simply by:

- » Reminding them of other accomplishments (this expands awareness!)
- » And how they achieved them (this builds confidence!)
- » Having them mirror this behavior for their next goal becomes easier.

06

Revision adds Vision!

Some goals may involve someone else's decision. For example, "I want to make the ski team", most likely depends on the coach's decision.

- » Make goals specific, measurable, and timely (*Get the SMART Goals framework*)
- » Help your teen identify what skills or behaviors are needed.

07

Dig Deeper

- » Teens are more likely to achieve their goals if they consider the purpose for each of them.
- » As a parent, if you say "This seems really important to you. Tell me more about it", your teen will be more likely to open up.
- » Have them see the greater value or purpose behind the goal.
- » Associate it to what is most important to them!

08

Life's a Journey, not a Destination

Happiness can be experienced every day, not only when goals are met. Foster a positive *growth mindset* by:

- » Having them practice daily gratitude.
- » Celebrate all failed efforts, as mistakes are learning opportunities.
- » Celebrate each and every success, no matter the size!

