



GOAL SETTING



S-

Select a specific goal



This means choosing ONE goal that's clear and focused. Instead of saying "I want to do better in school," pick something specific like "I want to learn my multiplication tables up to 12×12" or "I want to read 20 books this year."

U-

Understand why it matters to you



Think about why this goal is important to YOU, not just because someone else wants you to do it. When you know why you care about your goal, it's easier to stay motivated. Ask yourself: "Why do I really want to accomplish this?" and "How will I feel when I succeed?"

P-

Plan the steps to reach it



Break your big goal into smaller steps that you can do one at a time. These are like stepping stones across a river. For example, if your goal is to learn to ride a bike, your steps might be: 1) Practice with training wheels, 2) Try balancing without pedaling, 3) Pedal while an adult holds the bike, 4) Ride on your own.

E-

Expect challenges and prepare for them

Think about what might make your goal difficult and plan how you'll handle those tough spots. Everyone faces challenges! If your goal is to finish your homework every day, a challenge might be getting distracted. Your plan could be to find a quiet spot to work or set a timer for focus time.

R-

Record your progress



Keep track of how you're doing by writing it down or drawing pictures of your achievements. You might use a chart, calendar, or journal. This helps you see how far you've come and feel proud of your hard work.

S-

Support from others (who can help?)

Think about the people who can help you reach your goal. This could be family members, teachers, friends, or coaches. Write down who they are and how they might help you. Remember, asking for help shows you're smart, not that you're struggling!

T-

Track your success milestones

Celebrate the small wins along the way! Milestones are like checkpoints that show you're making progress. If your goal is to learn to swim, milestones might be: putting your face in water, floating on your back, and swimming one full length of the pool.



A-

Adjust your plan if needed

Sometimes plans need to change, and that's okay! If something isn't working, think about what you can do differently. Being flexible and trying new approaches is part of being successful.

R-

Reward yourself for achievements

When you reach milestones or achieve your goal, celebrate! Choose rewards that are meaningful to you, like extra playtime, a special activity with friends, or feeling proud when you share your success with someone you care about.

