

Reaching Goals Family Questions

Today we explored goal setting. We looked at why goal setting is important and how it can help us in our lives. We explored what can be easy and what can be challenging with goal setting and why staying focused on our goals can often be difficult. We discussed goal setting as a journey, and explored the opportunities goal setting can give us for growth, learning and new experiences.



I heard this week's topic was about reaching goals...

What are the benefits of goal setting?

What can make achieving our goals difficult?

How can we help ourselves stay motivated to achieve our goals?

Tip: Set a goal as a family this week. Choose something that is important to you all and discuss why it's important. Set a time frame of when you want to achieve your goal (6-8 weeks is recommended). Make a plan of what you will all do to achieve your family goal. Discuss what might make thing challenging for you and how you will overcome these challenges. Discuss how you will stay motivated and how you will celebrate the journey and achievement of your goal. It's a great idea to put your goal up somewhere where you can all see it every day and work towards it together.