



Begin with the end in mind

How are those New Year's resolutions going?

Did you decide to "Connect more with your teenager over the holidays" but in the end couldn't wait for school to back? Or maybe you decided to "Spend more quality time with the kids" but became more irritated - like an itch that is out of reach!

Steven Covey, author of *The 7 Habits of Highly Effective People/Families/Teens*, gives great insight and wisdom into all setting. Following are his five keys:

- 1. Count the cost:** What will it require of you to complete the actions to achieve this goal? What are the benefits? Don't make a commitment to yourself that you know you will break.
- 2. Put it in pen:** A goal not written is only a wish. A written goal carries ten times more power.
- 3. Just do it!:** In the words of Yoda, "Do or do not. There is no try"
- 4. Use momentous moments:** Certain moments in life contain momentum and power. The key is to harness these moments for goal setting. Some examples are: a new school year; a life-changing experience; a new job; a new relationship; a birth, a death, a triumph; a setback; even a new day.
- 5. Get support:** You'll accomplish much more in life if you get support and borrow strength from others. Tell others about your goal and ask them for support in helping you achieve it.

You can use these tips not only for yourself but also to assist your teenagers. But remember - your teenager needs to create their own goals, with your guidance not dominance!

Ask your teenager questions to help them get clear on the goals they want to set for the term, or even the year, don't tell them what you want them to achieve. Remember the Parent as Coach mantra **"Ask, don't tell"**

Write them down and pin them up somewhere you can both see them.

"Success is the progressive realization of a worthy goal or ideal."

Earl Nightingale