



PARENT GUIDE

GOALS (6) STUDENT TAKEAWAYS:

- Common Definition: A **goal** is a clear vision of an awesome future that needs to be accompanied by a plan and a time-frame.
- A **vision** is a clear picture of an awesome future that you want.
- The more clear your vision is for your future, the more likely you are to achieve it.
- Studies show that goals that are **challenging** and that **focus on gaining a skill** have an increased chance of being met successfully.
- Many people fail to reach their goals when their behaviors don't align with the goals they set for themselves.

WHAT TO DO AT HOME

- Ask your child about the goal they set in their class. Display it somewhere in the house!
- Ask them to help YOU to set a goal.
- Praise your child based on their goal-behavior alignment.
- Set family goals that are **challenging** and **skill based**.

FOR PARENT GROWTH

- Read [this research](#) on which the student videos were based.
- Watch this [TED Talk](#) by Stanford Professor about "Life Design"
- Find a friend or colleague, set goals, and hold each other accountable.
- Read ["Your Best Year Ever,"](#) by author Michael Hyatt.