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## Goal Setting for Kids

By **Cecile Peterkin**

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Goal setting is essential for building a successful life. However, teaching kids how to set and achieve goals is not part of most school curriculums, nor is it taught in most homes. Many parents never learned the techniques of goal setting, and are still struggling with their own. You don't need to know it all. While you develop your own goal-setting skills, you can also be helping and encouraging your children to develop theirs. Goal setting is a life-long skill. It helps your child to focus their unique gifts and talents, it helps to cultivate and strengthening your child's self-worth, and equips them to lead a life full of meaning purpose, and direction, regardless of the professional or personal paths they choose.

Things to consider when setting goals with your kids

**CAREER** – school grades, skill development, future plan (ambition);

**PERSONAL**– character development, and personal growth (self-image, sense of responsibility, ability, self-esteem), appearance;

**HEALTH** – exercise, diet, over-all well-being, balance;

**COMMUNITY** – commitment to serving others (volunteer work);

**FINANCIAL** – understanding the value of money, earning, saving;

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FRIENDS – expanding their circle of friends, choosing friends wisely; HOUSEHOLD – chores, contribution to building home life;

RECREATION – hobbies, relaxation, fun activities (movies, parties, etc.)

Things to remember Expect resistance; Be firm; Look for performance, not perfection; Kids need to see the end before they begin (incentive – what will happen if...); Kids need rewards; Kids need praise.

### Results

As kids learn how to set goals and experience the difference goal setting makes in their personal destinies, it will encourage them to take action. They will begin to create lives for themselves that they want and "Dare to live their Dreams!" As your kids become more aware of greater possibilities in their lives, and tap into their respective talents they will develop a stronger sense of self and of their contribution to society.

Success – the accomplishment of an aim or purpose. Failure – Lack of success. When we make mistakes and truly learn from each respective lesson these corrections are directly correlated to our eventual and inevitable success.

Cecile Peterkin is a trained Career/Life Coach and speaker whose work centers primarily on middle managers and their various challenges. She also works with individuals who are ready to move forward, take action, achieve goals and experience overall life improvement, both in personal and in career.

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### **The Kaizen of Goal Setting**

**By Ke o agile**

There is an old way of goal setting and a new way of goal setting!

The old way of goal-setting involved setting your goals, preparing a list of sub-goals, and then carefully checking them off one after another (as and when they were being accomplished). Am I trying to pour cold water on the goal setting method many of us grew up on?

Not necessarily

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While I am not saying the step-by-step approach does not work, I am advocating a flexible-goal setting approach.

The flexible goal-setting approach acknowledges the presence of chaos and unpredictability of our modern times, where change is rapid and conditions shift in an instant.

What's more, a tiny weeny change nowadays has the potential to create major upsets and instability.

Enter the flexible goal-setting system. And, this is how it operates.

Set big-picture, life-enhancing goals with flexible sub-goals that you can adjust to fit in with shifting conditions. The simplest way of putting this into practice is to build into your goal-setting, daily incremental steps that aggregate into your vision. Add to this sub-goal A, sub-goal B, sub-goal C, maybe sub-goal D.

Remember, each sub-goal must be flexible enough to respond adequately to the requirements of the shifting conditions.

You don't want to throw your hands in the air in desperation because your plans and goals have been derailed, do you?

Well, the 'Kaizen of Goal Setting' is about knowing the difference between the old and the new, and applying it to your goal setting.

Keo agile is an NLP Coach and Publisher of In TheZone, an NLP focused ezine for capacity builders in the personal and professional skills development areas. In TheZone can be accessed freely at

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