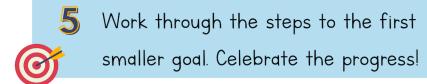
Gaining Golden Goals Cheat Sheet

Supporting children to be their best!





- Now take the first small goal and break that into a few manageable steps.
- Break the main goal down into several smaller goals. Each of the goals should still be a challenge, without being so hard that your child gets easily discouraged.
- Come to an agreement on an overall goal, making sure it's something your child wants and can achieve..

Start here!

Have general conversations around a goal first. Set the wheels in motion! This will help your child process the idea and feel a part of the process of setting a goal.

GOAL

REACHEL

Benefits

- Build self esteem
- Learn a life skill
- SOAL Helps a child experience success
- Learn that success can be achieved through effort
- Build resilience

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