

Gaining Golden Goals Cheat Sheet

Supporting children to be their best!



5 Work through the steps to the first smaller goal. Celebrate the progress!



4 Now take the first small goal and break that into a few manageable steps.

GOAL!



3 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.



2 Come to an agreement on an overall goal, making sure it's something your child wants and can achieve.



1

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.

Benefits

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

GOALS!

