

Dream BIG!

Let's set a few goals!

Do you remember how much fun it was to dream? Everything seems possible; everything seems magical.

As a mother, I want that for my daughter. I want her to keep that magic, keep dreaming. We get hard as we get older, and let's face it, that's no fun.

This exercise will give you tips for helping your daughter dream big and set goals for herself. Read through this first and then work with your daughter to fill out her funsheet!

Next week we'll cover tracking the goals, and after that we'll talk about celebrations! I spaced these apart because I really think it's important to take your time and teach her the process. It'll stick with her for the rest of her life.

Good luck and have fun!

Type of Goal

First, you're going to help your girl decide what type of goal she'd like to set. There's really no right answer here; follow your daughter's cues.

Her funsheet has the options listed below. I've included a couple of ideas for each, but let your imagination run wild! You might be surprised by what she comes up with.

- Creative – paint, write, draw, dance
- Business – start a lemonade stand, create a website
- School – get a better math grade, read one book a week
- Sports – master a soccer move, try out for a new team
- Personal – keep my room clean, do all my chores
- Other – volunteer at least once a month, try something new

S.M.A.R.T.

To be the most effective, your goals should generally be **{S}pecific**, **{M}easurable**, **{A}ttainable**, **{R}elevant**, & **{T}ime-bound**. S.M.A.R.T. goals really help you hone in on the specifics you need to make your dreams a reality.

Specific goals are ones you've narrowed down. Instead of saying "I'd like to get healthy," really break it down: "I'd like to drink at least six glasses of water each day," "I'd like to walk at least three times per week."

Measurable goals are ones that have concrete metrics with which to measure progress. Six glasses of water a day, three times per week, twice a month; you don't know if you're accomplishing it if you don't know what you're supposed to be tracking.

Attainable goals are ones that challenge you just a bit. You don't want a goal that is too easy and that doesn't stretch you. But if it's too far a reach, you're setting yourself up for failure.

Relevant goals are goals that are, well, relevant. If you're never going to be a pro football player, a goal that has you working toward being a pro football player is not relevant. Every goal doesn't have to work toward a much larger picture, but it's always a good idea to frame them so that they help build you up.

Time-bound goals give you a due date. You can't put something into the universe and just say "Oh, I'll accomplish this someday." It will likely never get done. But when you know when you need to accomplish something by, you can set a timeline for yourself.

Mini Goals

Once your daughter has figured out what goal she'd like to focus on and she's made it S.M.A.R.T., it's time to break the goal down into mini goals.

Let's go back to our drinking water each day example. If you don't drink any water right now, trying to jump straight to six glasses a day will be pretty hard. So maybe you start at one glass a day, then up it to two a day, and so on.

Set deadlines for each of these, and they'll give you the structure you need to reach your goal.

Your daughter has space for nine steps on her funsheet; she can use them all, or use just a few, or add more. Totally up to her!

Great job!

You did it! You've helped your daughter set a goal that will help her realize her dreams!

You'll be able to come back to this exercise again and again. By the time she's an adult, you will have given her a valuable life skill.

Right on!