



# Goal Setting

## WEEK 1: GOAL SETTING OVERVIEW

### AGE-SPECIFIC MAT CHAT FOR AGES 3 to 5

#### **OPENING DISCUSSION:**

“Do you know what goal setting means? Goal setting means you say something you want to complete and then you do so. For example: If you say: “I am going to make a house with these blocks,” and then you build a house, then you just set and completed a goal. Setting goals is a lot of fun, and is a great way to grow as a kid.”

#### **Let’s try a quiz to help you understand goal setting!**

#### **Are you good at goal setting if:**

- You tell your mom you are going to clean your room but then you don’t finish cleaning your room because you want to watch TV instead?
- You tell your dad you are going to make him a card or his birthday and then you make a great card?
- You tell your friend you are going to build a plane with Legos but then you give up because you think it’s too hard?
- You ask your mom to help you read a book and then you both sit down and read the entire book from beginning to the end?

#### **Finishing the mat chat:**

“I want everyone to go home and practice goal setting this week. Finish what you’ve started without giving up or getting distracted. You can set goals for your chores, for games you play, and even things you want to learn. Remember, goal setting is fun, but only if you don’t give up until you complete your goal!”