

TEACH ONE REACH ONE

Tips for Teaching Kids About Goals

1. Teach your kids that God has plans for their lives. Their biggest goal should be to discover and follow God's plans.
2. Remind your kids that they should have spiritual goals in addition to any other goals they may have.
3. Teach your kids to pray to God to help them make the goals He wants them to make.
4. Help your kids write goals that are specific, measurable, and time-bound. God will decide whether or not the goal is realistic or achievable. For example, "I will get a B on my test this week in math." (Rather than, "I will get better grades.")
5. Teach your kids to break down each goal into the steps that need to be done to reach the goal. Have them focus on completing one step at a time.
6. Encourage your kids to have tiny goals for new habits. Then once they achieve the tiny goal, they can make another tiny goal that moves them closer to their big goal. For example, focusing on reading one Bible verse a day is easier to remember and achieve than reading five chapters a day. Once they are reading a verse every day for several weeks, they can increase the number of verses a bit until they eventually reach their ultimate goal.
7. If the goal involves a new habit, encourage your kids to connect it to something they already do every day. For example, if they eat breakfast every day, that may be the best time to work on the habit of reading one Bible verse every day...at breakfast.
8. Encourage your kids to place reminders of their goal in lots of places, to help them remember it.
9. If your kids struggle with a goal, encourage them to take a closer look at it. What is causing the problem? Can they correct the problem or is God trying to get them to change their goal?

Bible Verses to Share With Your Kids About Goals

- Proverbs 21:5
- Philippians 3:13-14
- Luke 14:28
- Matthew 19:26
- John 4:34
- James 4:13-15
- Proverbs 16:9
- 1 Corinthians 9:24-27