
Spring into Action: Importance of Goals

MENTAL HEALTH NEWSLETTER



Springtime Goals: Setting & Checking In

Spring brings a fresh start and a chance to reset. It's a good time to revisit goals made earlier in the year and help children understand how to set and adjust their own goals as they grow.

Creating Goals

The first step to achieving any goal setting it - the second is checking your progress.

Regular check-ins help you see what's working and make needed changes. Here are some steps you can take to check in on your goals:

1. Review Your Goals - Look back at the goals you set earlier. Write them down and



reflect on why you set them in the first place.

2. Assess Your Progress -

Look at what you've accomplished so far.

Notice where you're on track and where you might be slipping. Be real with yourself about what's helping and what's not.

3. Identify Challenges -

Notice any obstacles getting in your way and brainstorm ways to overcome them.

4. Adjust Your Goals -

Based on your progress and challenges, be flexible and make changes as needed.

5. Create New Goals -

After adjusting old goals, look ahead and set new SMART goals for what you want to achieve next.

Specific
Measurable
Attainable,
Relevant, and
Time-bound

Teaching Children to Set Goals

Goal setting is a valuable skill that helps children plan and develop a sense of purpose. Here's how you can guide them in setting goals.

- 1 Start with Small Goals - Encourage your child to set small, achievable goals to build confidence and show they can succeed.
- 2 Use Positive Reinforcement - Celebrate their achievements with praise or a simple gesture like a high-five.
- 3 Encourage Them to Reflect - Help your child regularly reflect on progress to adjust goals as need.
- 4 Be a Role Model - Set your own goals and demonstrate how to track progress and make adjustments.

Teaching children to set and keep goals offers mental health benefits, such as reduced anxiety and depression, improved self-esteem, and greater life satisfaction. It helps them develop purpose, motivation, and resilience, providing a valuable tool to navigate challenges.

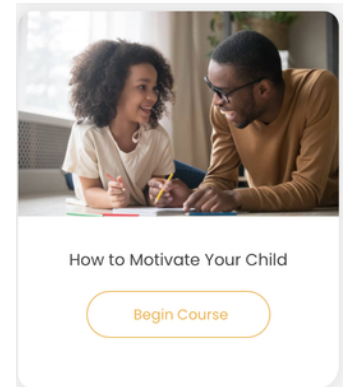


Spring to It!

Taking the time to check in on our goals and setting new goals during the spring season can be a valuable exercise for both ourselves and our children. By guiding kids through goal-setting and adjustment, we help build life skills that support mental health. As parents and caregivers, we can give children the tools to face challenges and reach their dreams.

Take a no-cost course at [ParentGuidance.org](https://www.parentguidance.org)

Take this course to learn how to motivate your child with confidence by using strategies that nurture their potential and build resilience.



For helpful parenting resources visit: [ParentGuidance.org](https://www.parentguidance.org)



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