



— GOAL SETTING —

6 Steps in Goal Setting:

1. State what you want (vs. what you don't want)
2. Focus on the future (vs. the past)
3. State the goal positively (vs. using negative words)
4. Establish small, achievable steps toward the goal (small steps to success)
5. Be specific (vs. general broad statements)
6. Stay hopeful (vs. pessimistic)

Problem Statement	Goal Statement
<i>Example:</i> When your child gets home from school, all they want to do is play video games.	<i>Example:</i> Video game time will be given upon completion of homework.
<i>Example:</i> Your child has a friend over for the afternoon. Your child asks you in front of their friend if they can stay the night.	<i>Example:</i> Friends may stay the night with permission following a one-on-one discussion with a parent.
<i>Example:</i> You want your child to pick up after themselves, yet every evening you find yourself picking up after the child.	
<i>Example:</i> Your child is having a meltdown at the grocery store.	
<i>Example:</i> Your teen's grades are slipping, their group of friends has started to change, and you suspect they may be using drugs or alcohol.	