



Mindful Self-Management Exercise: Goal Setting

This exercise will help you and your child understand what it takes to identify a goal and achieve it.

- Each exercise takes 10 minutes or less.
- Familiarize yourself with the exercise before using with your child.
- Use the script to guide the exercise. Adjust language as needed.
- All exercises begin with **Breath Awareness** followed by a **Mindfulness Activity** that teaches a practical mindfulness skill.
- Each exercise ends with **Reflecting Questions** to discuss with your child. Invite your child to stay in mindful silence until the Reflecting Questions.

Breath Awareness

Let's begin our time together today by becoming quiet and peaceful as we think about what it takes to set and reach a goal. Find a comfortable position, sit up straight, and place your hands on your thighs. Close your eyes, if that feels comfortable, or gaze softly downward. Start out by breathing in slowly through your nose and out through your mouth three times. (pause)

Place your hands on your belly. Feel your belly rise up when you breathe through your nose and fall toward your back when you breathe out through your mouth. Notice this movement as you breathe in (pause) and out. (pause)

Feel the rhythm as you continue to notice your belly rising and falling. (pause)

Mindfulness Activity

Think about a goal—something you really want to do well. It might be learning to play an instrument, ride a bike, play a game or sport, paint a picture, read a book, or something else. To reach it, you first decide what your goal would be. (pause)

Then you figure out how to get there. (pause)

Setting a goal is the easy part. Achieving a goal can be hard to do, so breaking it up into little steps can help. As you breathe slowly and deeply, imagine you have set a goal to play soccer. However, you are worried about how you are going to get the ball in the goal. (pause)

Notice how this feels in your body. (pause)

It may seem impossible to do this by yourself. But if you break it down into smaller steps along the way, you can score. Think about a simple first step to get started. (pause)





You might dribble the ball forward and then pass it to a teammate while you run downfield. The goal doesn't look so far away now. (pause)

You might need to change direction to avoid the other team's players, or you might need to look to the coach for a suggestion. (pause)

Once you are in just the right spot, the ball is passed to you and you kick it in the goal. You scored! Notice how you feel now. (pause)

When you have a goal that you want to reach, you might say to yourself, "To set and achieve my goal, I need a plan. I will do it if I think I can." (pause)

Think of your small steps. (pause)

Imagine yourself taking them toward a goal and then reaching it. (pause)

Feel the excitement of following your steps and reaching your goal. (pause)

If your eyes are closed, slowly open them.

If you are able to, share the **Setting and Reaching My Goal** handout with your child.

Reflecting

Take this opportunity to have a conversation about your shared experience using the following reflecting questions:

Reflecting Questions

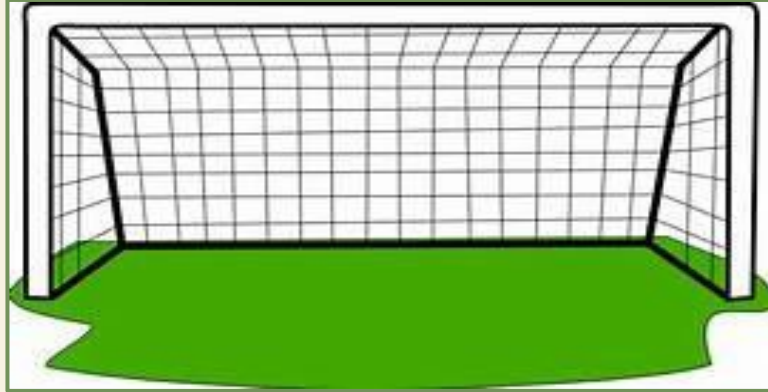
- What?** What feelings did you notice when you thought about setting and meeting a goal?
- So What?** How do you think taking smaller steps can help you along the way?
- Now What?** At what other times might it be helpful to start with small steps?





Setting and Reaching My Goal

GOAL: _____



Step 3. _____

Step 2. _____

Step 1. _____

To set and achieve my goal,
I need a plan.
I will do it if I think I can.