

## Mindful Self-Management Exercise: Goal Setting

This exercise will help you and your child focus on the small steps necessary to set and achieve a goal.

- 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 by becoming peaceful and quiet inside as we think about what it takes to set and reach a goal that is important to us. Let's find a comfortable position. It can be sitting, standing, or lying down. If you choose a sitting position, sit up straight and place your hands on your thighs. Close your eyes, if that feels comfortable, or gaze softly downward. Breathe slowly and deeply—in through your nose and out through your mouth three times. (pause)*

*Place your hands on your belly and watch it rise when you breathe in (pause) and fall when you breathe out. (pause)*

### Mindfulness Activity

*As you continue to breathe slowly and deeply, think about a goal you would like to set and accomplish. It might be something like completing a project, winning a game, or performing a piece of music. (pause)*

*Notice how you are feeling about having this goal and trying to reach it. (pause)*

*You may be feeling excited, anxious, overwhelmed, and nervous about how to even get started. (pause)*

*Notice any sensations that are coming up in your body. It could be a tightness in your muscles or an increase in your breathing or heartbeat. (pause)*

*Imagine stating your goal to yourself. (pause)*

*Now see it resting on the top of a steep mountain. (pause)*

*It may seem impossible to get all the way to the summit, but if you break your goal down into smaller steps you can take along the way, you will eventually reach the top. (pause)*

*Think about a simple first step that would be easy for you to do to get started. (pause)*



# Lions Quest

FAMILY  
G3-G5

*Imagine yourself accomplishing this first step. (pause)*

*Notice how you feel now that you've started the journey. (pause)*

*The summit may not look so far away anymore. Imagine your next step along the path. (pause)*

*Each step along the way is leading you closer to the summit—to your goal. You might say to yourself, "When there's a mountain I need to summit, I can take small steps until I've done it. Each step I accomplish along the way will help me meet my goal one day." (pause)*

*Notice how your feelings may have changed. (pause)*

*You may feel more confident and excited knowing that you're making progress toward your goal. (pause)*

*Imagine yourself taking the final steps up the mountain and reaching that goal. (pause)*

*Notice how you are feeling as you look down and see how far you have come. (pause)*

*If your eyes are closed, slowly open them.*

If you are able, share the **Reaching the Summit** handout.

## Reflecting

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

### Reflecting Questions

- |                  |   |
|------------------|---|
| <b>What?</b>     | What feelings come up when you're faced with a challenging goal?        |
| <b>So What?</b>  | How do you think setting smaller goals may help you along the way?      |
| <b>Now What?</b> | In what other situations might it be helpful to start with small steps? |



Lions Quest is a social and emotional learning program of Lions Clubs International Foundation.

## Reaching the Summit

GOAL: \_\_\_\_\_  
(You've reached the summit!)



Step 3. \_\_\_\_\_  
(You're almost there!)

Step 2. \_\_\_\_\_  
(You're getting closer!)

Step 1. \_\_\_\_\_  
(You're on your way!)

When there's a mountain I need to summit,  
I can take small steps until I've done it.  
Each step I accomplish along the way  
will help me meet my goal one day.