

Mindful Self-Management Exercise: Goal Setting

This exercise will help you and your adolescent learn how to set and reach a long-term goal with short-term steps.

- Each exercise takes 10 minutes or less.
- Familiarize yourself with the exercise before using with your adolescent.
- 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 adolescent. Invite your adolescent to stay in mindful silence until the Reflecting Questions.

Breath Awareness

Let's begin our time together by becoming quiet and still as we think about goals and how to achieve them. Let's get into 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. Notice it rising as you inhale through your nose (pause) and falling as you exhale through your mouth. (pause)

Continue belly breathing. (pause)

Mindfulness Activity

As you continue breathing slowly and deeply, think about a goal that is important to you right now. (pause)

It might be a task you want to accomplish, a skill you want to master, or even a career path. (pause)

Think about what steps are needed to achieve this. (pause)

Notice how you are feeling as you think about this. (pause)

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

Imagine your goal as a destination you are traveling toward. It may seem impossible to get all the way there in one trip. Think of the steps you may need to take as stops along the way. Think about the first stop on your itinerary. (pause)

It might be very easy to get to, like making a plan. Imagine yourself getting to this first stop. (pause)



Lions Quest

FAMILY
G6-G12

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

The destination doesn't look so far away anymore. Imagine your next stop along the journey. (pause)

Maybe it is researching something, getting help, or practicing a skill. Notice how your feelings may be changing as you make progress. (pause)

Think about any roadblocks that may appear along the way. (pause)

Imagine asking for help, finding an alternate route, and getting back on track. (pause)

Notice any feelings now. (pause)

Imagine yourself on the final leg of the journey and reaching your destination. You might encourage yourself by saying, "If I stay on the road, I will reach my destination!" (pause)

Notice how you are feeling now as you look back down the road and see how far you have traveled. (pause)

Celebrate your success! (pause)

If your eyes are closed, slowly open them.

If you are able, share the **My Journey to My Destination** handout.

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 your goal and how to meet it?
- So What?** Why do you think imagining a goal as a destination with stops along the way can help?
- Now What?** How do you think you might address roadblocks when they appear in the future?



My Journey to My Destination

DESTINATION: _____
 (The END of the Road. I have reached my GOAL!)



Stop 3. _____
 (You're almost there!)

Stop 2. _____
 (Your destination is getting closer!)

Stop 1. _____
 (You're on your way!)



Possible Roadblocks: _____

**If I stay on the road,
I will reach my destination!**