



• SUPER SIMPLE WORKSHEETS FOR TEACHING KIDS

goal-setting & time-management



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These are often the first things we think of when it comes to goals for our kids. Even when they're still little and years away from GPA's and varsity sports, we're enrolling them in top preschools and after-school programs to prepare them for a successful future.

But here's the tricky thing about these goals: **they can put a lot of pressure on both kids AND parents.**

Aside from the obvious money and time-commitment required for these goals, what if your kids don't fit the mold for "success" as defined by these cookie-cutter options? And what if you want more for them than a resume-building boilerplate checklist?

READY FOR A GOAL-SETTING CHANGE?

Let's refresh our approach to goal-setting with our kids.

- Instead of focusing exclusively on "success skills," let's also focus on spiritual and relational values
- Instead of setting goals exclusively for a college application, let's also focus on our kids' unique gifts and purpose as crafted for them by God
- Instead of using goals as a way of becoming more self-reliant, let's challenge our kids to rely on God
- And instead of having just the kids set goals, let's make goal-setting a family affair

READY TO GET STARTED? TURN OR SCROLL FOR YOUR NEXT STEP >>

HEAR DIRECTLY FROM THE MOM WHO CREATED THESE GOAL-SETTING IDEAS FOR HER KIDS!

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3 ways...

Studies (plus commonsense) prove that when we take personal ownership of our goals, we're more likely to reach them.

Here are three ways these goal-setting activities help kids take ownership:

1. Kids get to choose their goals based on their interests, which encourages them to get creative about what really matters to them
2. Kids collaborate with parents on daily and weekly routines to manage their responsibilities
3. Kids get to negotiate the consequences for dropping the ball on their responsibilities (*psst: parents say teens are usually tougher on themselves than the parents would be*)

how to use this guide

Schedule time with your family to go through the following worksheets. Depending on your schedule, you can do them all at once, or break them into separate times.

Recommended--revisit and redo these worksheets at the following key times during the year: for back to school, at the new year, and at the beginning of summer



worksheets

Goal-setting grid

Based on the four qualities of Jesus mentioned in Luke 2:52, create one goal for each area and share your goals together.

(Optional: review goals using SMART and tweak them if needed)

Name your consequence

Keeping our responsibilities is important, so this worksheet helps parents and kids identify common "miss the mark" behaviors and lets kids collaborate on consequence.

Daily & weekly responsibilities

With your kids, decide what chores/responsibilities need to be done daily and weekly.

Weekly time-management checklist

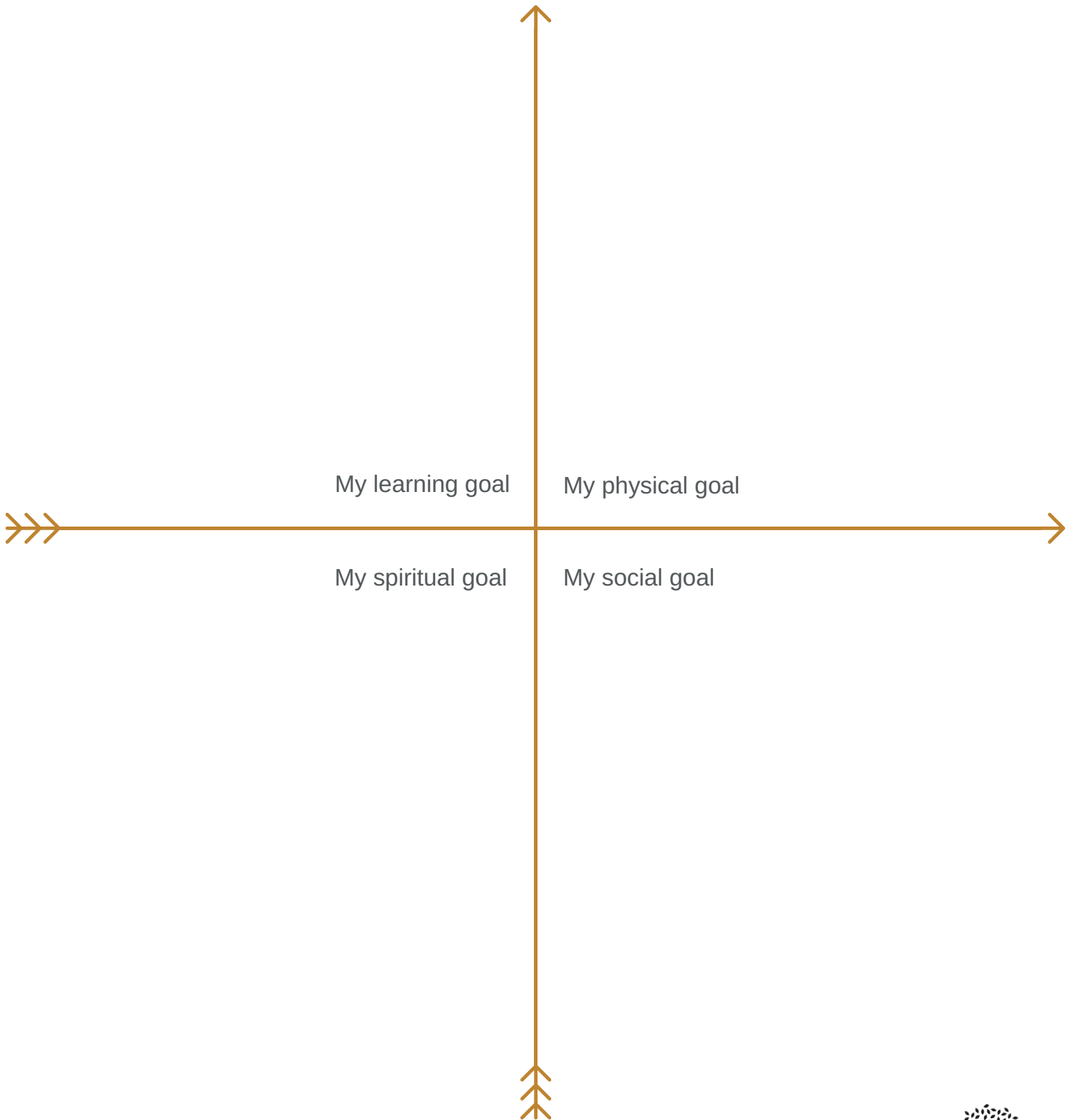
Take your daily and weekly responsibilities and schedule them into weekdays to create a family routine.

Quick goal check-in

Use this worksheet any time you need to check-in with goals, like monthly or at the end of your goal-setting period.

goal-setting grid

Luke 2:52 (NLT): Jesus grew in wisdom and in stature and in favor with God and all the people.



quick SMART reference chart

Cris, fellow mom and creator of these goal-setting worksheets, used this process as a fun way to teach her kids about setting S.M.A.R.T. goals.

Don't know about S.M.A.R.T? Here's a handy reference:

SPECIFIC

What specifically do you want to do? (Don't be vague.)

Ex. I want to save \$500 in the next 6 months.

MEASURABLE

How will you know when you've reach your goal?

Ex. I'll know by my bank account statement.

ATTAINABLE

Is it in your power to reach this goal?

Ex. I make enough money in my job to have leftover funds after bills are paid, so saving is attainable.

REALISTIC

Can you realistically achieve it?

Ex. I can save \$83 per month and still have enough for bills and extras.

TIMELY

When exactly will you accomplish it?

Ex. 6 months from now

Getting the whole family involved

As grown-ups, it's easy to focus on our kids' development and neglect our own growth. But God says that no matter the age, we can all be renewed day by day.*

Consider these activities as an opportunity to reconnect with God about his purpose and calling for you in this season of your life, and print a copy of each worksheet for yourself as well.

>> Bonus! It's great for kids to see what kind of goals you're setting, and to share in a mutual sense of accountability as you pursue your goals as a family.

*2 Corinthians 4:16 (NLT):

*That is why we never give up. Though our bodies are dying, **our spirits are[a] being renewed every day.***

name your consequence

Keeping commitments and responsibilities is important.
Here's what's going to happen if we miss the mark.

MISS--THE-MARK BEHAVIOR

Ex. I missed my homework deadline
for the third time.

CONSEQUENCE

Ex. no screen-time for a week



daily & weekly responsibilities

Fill out the following to help you balance goals, chores, and fun!

STUFF WE NEED TO DO EVERY DAY

Ex. make bed, put away dirty dishes, study

STUFF THAT NEEDS TO GET DONE WEEKLY

Ex. clean bathrooms, call Grandma, pick up dog waste



weekly time-management checklist

Our routine and regular to-do's for the week.

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY/SUNDAY:

quick goal check-in

How do you feel your doing on your goals?

1. Goal: _____

0 1 2 3 4 5 6 7 8 9 10
Blech -----> Awesome

2. Goal: _____

0 1 2 3 4 5 6 7 8 9 10
Blech -----> Awesome

3. Goal: _____

0 1 2 3 4 5 6 7 8 9 10
Blech -----> Awesome

4. Goal: _____

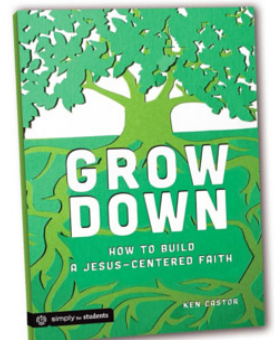
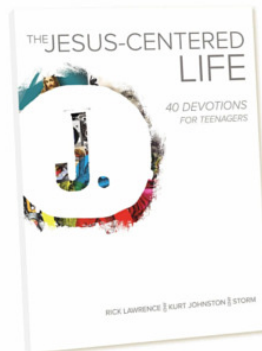
0 1 2 3 4 5 6 7 8 9 10
Blech -----> Awesome

Pray: Jesus, thanks for helping us with our goals, and for renewing us every day. Give us ideas about how to set new goals, and how to live our lives centered on you and full of purpose. Amen.



WE'RE PASSIONATE ABOUT
HELPING YOU RAISE
JESUS-CENTERED KIDS.

These resources help.



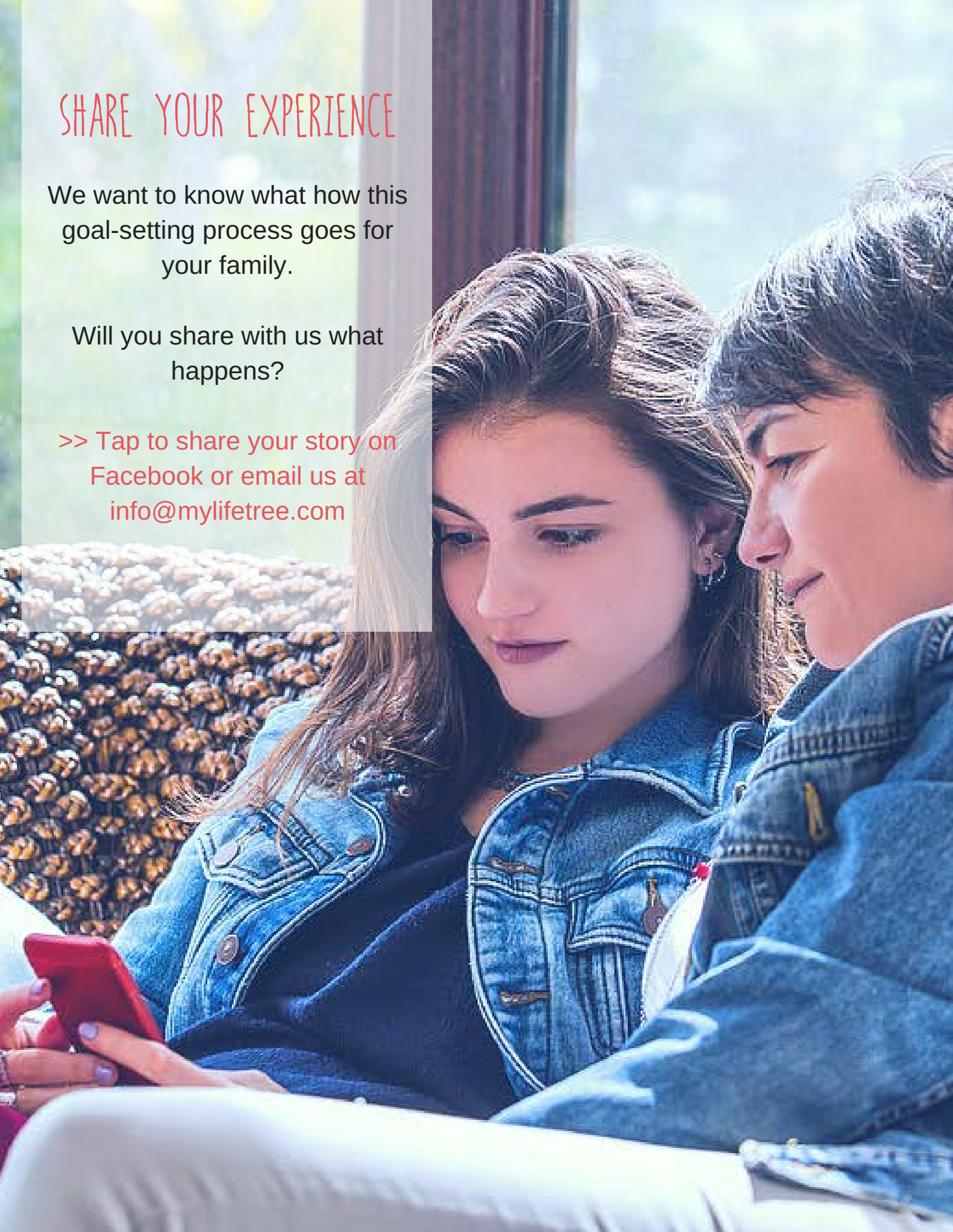
View all books, Bibles & journals for
pre-teens and teens >>

SHARE YOUR EXPERIENCE

We want to know what how this goal-setting process goes for your family.

Will you share with us what happens?

>> Tap to share your story on Facebook or email us at info@mylifetree.com



the end.

