

Dear Families/Caregivers,

Goal setting is about determining a goal and the steps necessary to achieve the goal. When we encourage teens to set their own goals, it empowers them to take ownership and responsibility for their goals.

Achieving a goal takes planning and practice. Here are some strategies for identifying a personal SMART goal and developing a plan to achieve the goal:

Set a SMART goal.

A SMART goal is specific, measurable, attainable, relevant, and timely.

Make a plan.

Figure out what you need to do.

Practice.

Reaching goals takes practice.

Reach your goal.

Celebrate when you reach your goal!

Take time to talk to your teen about his or her personal goal. Have your teen share his or her *My Personal SMART Goal* Graphic Organizer with you. Check in with your teen to talk about his or her progress towards the goal. Help him or her make adjustments to the plan as needed. Celebrate with your teen when he or she reaches his or her goal.

Be a role model for your teen by setting your own goal and allowing your teen to see your plan and how you evaluate and adjust it.