

How to Use This Form

There are several ways to use this, but we recommend making it collaborative-do it with your child and let it spark a discussion. It should not be something that feels like homework to your child, but quality time with a parent. Children crave your undivided attention! You are guiding this process and using it as a learning opportunity; self-reflection is a life skill that builds emotional intelligence. You are also teaching your child how to make a change and that they have control over themselves. It has the added benefit of strengthening your relationship too!

1. Talk through each question. Some children are going to give more honest and thorough responses if they complete it on their own and some will do better if you process it together as you go.
2. Try to emphasize the positive. Think about the things that your child is good at and have a mental list ready to share when you get to that question. It will be so wonderful for them to hear from their biggest cheerleader!
3. You may have to be prepared to discuss why the change in behavior is needed. Why does it matter if they do homework right away compared to later in the evening, for instance? If it's because it makes it more stressful for you, then tell them that.
4. Now here's some fun—first do this for YOU (but with your child). What things does your child think you are good at and what do they think you need to work on? This can help emphasize the fact that no one is perfect and we are all striving to make positive changes, but we all have strengths too. You can both check in each day about how you did to meet your goal. (*We strongly discourage doing anything appearance-related like losing weight, especially if you are doing this with a daughter. Instead, focus on health like eating more vegetables or drinking more water if weight loss is your ultimate goal.)
5. Make a big deal about even the small successes. Remind each other that it takes time to make changes (generally at least weeks if it's a habit, possibly more if ADHD or a learning disability is involved).
6. If more than one family member is participating it would be better to make this a cooperative and not a competitive thing. You should both want each other to be successful. Encourage high fives and woop-woops.



Let's Make Some Goals!

All people have things they need or want to work on so they can get along better with people, feel better about themselves, and be able to do well at school and at work.

What are some things that you are good at? Think about some of the things here and add your own ideas on the lines below.

building things	making friends	making people laugh	singing
being nice to people	making up stories or games	fixing things	spelling
math	drawing	learning new things on the computer	staying calm when I'm nervous
science	sports	acting	waiting my turn
art and crafts	making things	taking care of pets	doing things by myself when other people are busy
reading	helping people	dancing	puzzles

What do adults think you do well? (ask them or write what you think they would say)

What do you wish you could do better?

What do grownups think you could do better?

Time to make a goal!

Let's pick ___ thing(s) to work on for the next month.

Some examples:

1. I will raise my hand at school and wait to be called on
2. I will start my homework right after a snack for 4/5 days without any reminders

What can your parents or teachers do to help you with this goal?

Keep track of how you did this week. Remember, no one gets 100% all of the time, so don't expect that. Add a checkmark, emoji, sticker, etc. on the days you were successful. We didn't include weekends since time is often unstructured and some goals are harder to work on then, but modify it however you need.

Date:

	M	T	W	Th	F
Goal #1					
Goal #2					
Goal #3					
Goal #4					