

Spring into Action:

Checking in on Goals and Teaching Your Children to Set Them

Mental Health Series



The Importance of Checking in on Goals During Springtime

Spring has sprung, and with it comes new beginnings, fresh starts, and a renewed sense of motivation. As we move into the new season, it's a great time to reflect on the goals we set at the beginning of the year and check in on our progress. It's also an excellent opportunity to teach our children about the importance of setting goals and adjusting them as time goes on.

Creating Goals

The first step to achieving any goal is to set it. The second is to check in on your progress regularly. This is important because it allows you to see what's working and what's not and make adjustments accordingly. Here are some steps you can take to check in on your goals:

1. Review Your Goals - Start by



reviewing the goals you set at the beginning of the year. Write them down, and take a moment to reflect on why you set them in the first place.

2. Assess Your Progress - Take a look at how far you've come since setting your goals. Are you making progress? Are there any areas where you're falling behind? Be honest with yourself and take note of what's working and what's not.

3. Identify Challenges - As you assess your progress, you may notice challenges or obstacles

that are preventing you from achieving your goals. Take note of these challenges and brainstorm ways to overcome them.

4. Adjust Your Goals - Based on your progress and the challenges you've identified, it may be necessary to adjust your goals. Be flexible and open to making changes as needed.

5. Create New Goals - Once you've adjusted your current goals, it's time to create new ones. Think about what you want to achieve in the coming months and set SMART goals that are:

Specific
Measurable
Attainable,
Relevant, and
Time-bound



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Teaching Children to Set Goals

Setting goals is a valuable life skill that children can learn at a young age. It teaches them the importance of planning and helps them develop a sense of purpose and direction. Here are some steps you can take to help your children set goals:

- 1** Start with Small Goals - Start by encouraging your child to set small goals that are achievable in a short amount of time. This will help build their confidence and show them that they're capable of achieving their goals.
- 2** Use Positive Reinforcement - When your child achieves a goal, be sure to provide positive reinforcement. This can be as simple as a high-five or a word of encouragement.
- 3** Encourage Them to Reflect - Encourage your child to reflect on their progress regularly. This will help them see what's working and what's not and make adjustments as needed.
- 4** Help Them Set SMART Goals - When your child is ready to set more significant goals, help them create SMART goals that are specific, measurable, attainable, relevant, and time-bound.
- 5** Be a Role Model - Finally, be a role model for your child. Set goals yourself and show them how you check in on your progress and adjust as needed.

Teaching children to set and keep goals can have significant mental health benefits. According to a study published in the *Journal of Clinical Psychology*, goal-setting can improve mental health outcomes such as reduced symptoms of anxiety and depression, improved self-esteem, and increased life satisfaction. Additionally, setting and achieving goals can help children develop a sense of purpose and direction, which can lead to increased motivation and resilience in the face of challenges. By teaching children to set and keep goals, we are giving them a valuable tool to navigate life's ups and downs.

Spring to It!

In conclusion, taking the time to check in on our goals and setting new goals during the spring season can be a valuable exercise for both ourselves and our children. By following the steps outlined above, we can help our children develop important life skills such as goal-setting and adjusting as necessary, which can lead to improved mental health outcomes. As parents/caregivers, we have the opportunity to provide our children with the tools they need to navigate life's challenges and achieve their dreams. Let's make the most of this spring season and set ourselves and our children up for success.



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