

Insert Child's Name: Goal Chart

My goal for this week is to:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Short Term Goal Setting for Children

Self-Esteem comes with accomplishment. As parents and educators, we strive to help our children in achieving success. By starting off small with one goal per week that is attainable for your child's abilities, you are promoting self-esteem while giving your child the foundational tools and life skills needed as they mature into young adults.

This goal chart is the first step to encourage children to set short term goals. Work with your child to set an attainable goal and rewards for achievement. Check off each day as the child achieves the goal. At the end of the week, if the goal has been met, you can work together to set a new goal after praising your child for his/her accomplishment. The agreed upon award is given to the child at the end of the week.