

# GOAL SETTING

Classroom Champions Athlete Mentors are experts on this topic, using it daily in the pursuit of excellence in sport. Their video lessons may include tips on **how to set goals** and **how to develop a plan to accomplish them**. Goal Setting helps students focus on a successful, engaging future and provides a way to talk with the adults in their lives about how to accomplish those goals.

# CLASSROOM CHAMPIONS®

Because Kids Have What It Takes



Ask your child about Goal Setting:

- Why is it important to have goals in life?
- What is the difference between a long term goal and a short term goal?
- What is a goal that you have set for the school year?
- What steps will you need to take to accomplish that goal?
- Who will help you with your goal?

Your child might be interested in hearing about what goals you had as a youngster, and what goals you still want to accomplish. Also, you could share about people you admire for reaching their goals.

How will avoiding underage drinking help your child accomplish goals? What other behaviors could derail their plans for success? Identifying potential obstacles, and planning to avoid them, contributes to success.



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