



Teaching Your Teens to Set Their Goals

Goals are clearly the targets of success. You, for sure, have your own goals, which may have already been achieved, are in the process of being achieved, or are still to be achieved.

But how about if you set goals for your kids, especially if they are already teenagers? Surely, teens would have to set their own goals because they know what they like to achieve better than you do, or than anyone else in the world does.

But for your part, you can help your teens develop their far and future vision and set their own goals, be it in the long-term or in the short-term.

You know how teenagers need guidance and proper advice, especially in their age when their personalities of manhood and womanhood are being developed and framed.

You can always help your teenage kids dream better about their future. They have so much to learn, and as a parent or a guardian, it is your responsibility to make sure their dreams are on the right path and are achievable and reasonable.

Doing such would enable you to effectively carry out your tasks and responsibility as a good and wise guardian or parent.

Here are some useful tips that would surely help you teach your teens to effectively set their goals:

- **Explain to the teen why goals, be it for the short term or the long term, are very crucial and important.** Sometimes, teens would not understand why they would have to set goals when there is no guaranty that these goals would ever be achieved.
- **Teach the teen to clearly identify his or her goals.** The teen would define his or her own goals. It is to be based on his interests, likes, ambition, knowledge, skill and talent. Because the teens are basically in the age of confusion, wisdom and practical advice from elders and guardians would really be helpful and insightful.
- **Make sure to point of where to start the goals.** The time frame, or the when, of the process should also be suggested. By doing so, the teen would have the clear idea and concept of where he would start to start the achievement of the goals, and when to start acting on it. Often, important goals in life ought to be started immediately.
- **Suggest some step-by-step procedures or processes on how the set goals can be achieved.** Of course, the teen would eventually figure out the measures he must take to know the techniques, but you have to still suggest specific and vivid suggestions on how to effectively accomplish the goals.

Remember that as an older being, you are far more knowledgeable and experienced when it comes to matter of life, so imparting a little knowledge and wisdom would be a welcome note in the part of the teen.

- **Orient the teen on how to overcome obstacles and effectively deal with several temporary defeats that are way inevitable and are on their way.** Teach the teen the value of reverting back and determination in the backdrop of little failures and missed goals. Some wise words and advice would convey the idea.
- **Relay several anecdotes or personal experiences about your own goal setting experiences.** The personal touch is always the best, and for sure, your teen aged son or daughter would learn a lot from your own petty and major goal failures and aborted attempts.