

Your child has been exploring the importance of goal setting and how creating SMART goals can help them in school, sports, and their community. Specifically, your child has focused on creating a SMART goal that can help them address a sustainability issue in your community. Here are some tools to help your family continue the learning together!

DISCUSS!

Your student can use these discussion questions to start talking about the topic with your family:

1. Why is it important to define problems and set well-thought-out goals?
2. What areas of our family life can benefit from creating sustainability goals?
3. What is something we want to achieve as a family, either at home or in our community?

ACTIVATE!

Together, choose one realistic and relevant accomplishment your family would like to achieve.

Using the SMART acronym (**S**pecific, **M**easurable, **A**ttainable, **R**elevant, **T**ime-Bound), have your student guide you through the process of thinking through your goal, step by step. Then, together, write one clear statement that summarizes your SMART goal and post it somewhere each person in the family can see. Consider creating a chart or check-in system to hold yourselves accountable for staying on task and measuring your success.

REMEMBER!

Setting well-thought-out goals helps us figure out and stay focused on what we really want in life. By setting goals together and helping each family member stay accountable for their own personal goals, your family will be on its way to being successful in its personal life and in the community!