Goal Setting Worksheet for Kids 2018
God wants us to live our lives with purpose. Read these scriptures to learn more on what God says about Goal setting.

Proverbs 16:9
Proverbs 19:31
Habakuk 2:2-3
What is a goal?

Something that motivates and encourages you

Something that makes you better when you achieve it

Something that has meaning to you

Something that demands effort, energy, focus

something that you have to do in a certain time

A goal is something that you want to achieve, that means a lot to you and you are willing to put in effort to achieve it and to write down a plan on how you are going to achieve it.
Goals are important because:

1. They teach us to work hard

2. They make you learn new things

3. Goals help us to exercise self control

4. Goals give you direction

5. Goals help us know we are moving forward
What do you do if you want to achieve your goals?

• You must work hard
• You must not be lazy
• You must be focused
• You must not be easily distracted
• You must not be easily discouraged
• You must have a good attitude.
• You must respect Time.

MAMA TENDO PARENTING SEMINAR
Changing Seasons for boys 13

Is your son 13 or making 13 years.
It is a change in season, be part of it.
Come learn how

Speakers
Dr. James Magara -CEO Jubile Dental
Catherine Ruhweza (MamaTendo) -CEO Mama Tendo Foundation

Date: 14th April 2018
Time: 9:00 am - 4:00pm
Fee: 50,000Ugx (includes lunch)

To Book Call +256 773443100 or send an email to mamatendo@gmail.com

Participants must book to attend.
You can set your goals in a good way or in a bad way. You set your goals in a good way when you make them SMART. You set your goals in a bad way when they are not Smart.

To set goals in a good way they must be:

Specific, measurable, Achievable, Realistic and Time bound.

That is smart.

**Specific:** when you want to do something it must be specific. If you are setting a goal to get high marks in your school, or to get high marks in your exams at school, or to get better in your swimming. Do not just say I want to get high marks. be specific. I want to get above 80% in my work at school.

**Measurable:** To be measurable is to set something that can be easily seen and quantified. If for example last term you got an average of 70 percent in your exams. If you are setting a goal you would say, I want to get an average that is 10 points higher than what I got last term. That is being measurable in your goal setting. This is a specific and measurable goal.

**Achievable:** Some people set goals that are not achievable and those are bad goals. An example is to say that I want to study primary school for three years. That goal is unachievable and it is a bad goal. You must study primary school for seven years, maybe six years for some but not in three years.

**Time bound:** To set good goals we must know in which time period you want to achieve these goals. If you say you want to do better in school. Do not say I want to do better this year in school. It is better to say I want to set a goal to do better next term, a term last for three months, in that way your goal is time bound. It is with in a specific time.
Now we know all those important things about goals. let us set some goals this year 2018 that will make us better people.

You can set goals in different areas of your life. You can set goals for your academics, goals for your faith, goals for your skill or goals to improve your behavior.
Example of a goal

To read 8 children's story books that teach new things in the first term of school every month.

1. Help me improve my English
2. Learn about things and how they work

1. I will make sure read five books every month
2. I will wake up earlier on the weekend to read

1. Inform the school librarian about my goal so that I can borrow books
2. Work with my mum and Dad so that they can encourage me to reach my goal
What is your progress

week 1:

Week 2:

week 3:

week 4:

What other goals can you set for 2018. Work with your mummy, Daddy or guardian to set and work on your goals for 2018. You can also share your goals with me on mamatendo@gmail.com
Can you talk to mum, Dad or guardian to give you a present if you fill this goal. What reward would this be?

<table>
<thead>
<tr>
<th>SUBJECT</th>
<th>TERM 1</th>
<th>TERM 11</th>
<th>TERM 111</th>
<th>AVERAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>MATHS</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ENGLISH</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SCIENCE</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S.S.T</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Buy Mama Tendo

**Kids Music**

for character building

Sold **HERE**

A set of 3 Albums @ **35,000/=**

Your kids won’t stop singing

- try it.

**Little Girl Rise Up**

- 1. Little girl rise
- 2. Jonah
- 3. Never the same
- 4. God of promises
- 5. Zacchaeus come down
- 6. Blind man
- 7. Mama Tendo kids
- 8. Here I am a child

**Noah’s Ark**

- 1. Noah
- 2. Water into wine
- 3. Goliath
- 4. Mama Tendo kids
- 5. Wilderness
- 6. Katonda wanage
- 7. Webake
- 8. King of the nations

**Order in the House**

- 1. Order in the house
- 2. Morning to you
- 3. Family Unity
- 4. Jungle life
- 5. You are Uganda
- 6. Mama Tendo kids
- 7. Here I am a child

**Call 0773443100**

and they will be delivered to you

[www.mamatendo.org](http://www.mamatendo.org)