

Parent Tip #29

Goals

Move toward your goals. Help your children move toward their goals. Develop some realistic goals. Do something regularly -- even if it seems like a small accomplishment -- that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?" Teach your children to do the same.

Dr. Eric Nach, Ph.D., M.Ed., A.S.D. Cert. Developmental and Behavioral Specialist and Associates
5458 Town Center Rd, #7, Boca Raton, FL 33486, 561-990-7305(Boca office) 561-465-3564(Fax)
Info@SupportForStudentsGrowthCenter.com www.SupportForStudentsGrowthCenter.com

Adapted from American Psychological Association

