

SEPTEMBER IS 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 is a major topic in Classroom Champions, and these goals will be revisited and refined many times throughout the year.

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?

Tell your story

Your child may be interested in hearing about your experiences with goal setting. What are goals that you have accomplished in life of which you are most proud? What are your goals for your child in life?

Ninety-one percent of students last year said that Classroom Champions helped them accomplish their goals. All of the Athlete Mentor video lessons on this topic can be found at www.classroomchampions.org