

TALKING IS POWER: GOAL SETTING



Goals serve as motivation for the future and it begins with fearless goal setting, “goals with soul.” Take the first steps in setting fearless goals by taking time to reflect on the goals you have for your youth. Be sure to share your reflections with your youth!

SELECT goals you would like to see your youth accomplish.

Examples could be: “graduate high school” and “go to college.”



TIP: Reflect on *why* you would like to see your youth accomplish these goals.

SHARE your selected goals with your youth.

Explain to your youth why you would like to see them accomplish these goals and ask your youth what are *their* personal goals.

TIP: Ask your youth what are obstacles they think could interfere with their goals.

CREATE an action plan with your youth to ensure that your youth reaches their goals.

Talk about how your youth will feel when they accomplish their goals.



TIP: List the steps to take to achieve these goals with your youth.

Text “EMPOWER” to 97779 #Talking is power #HealthyNativeYouth

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