

The Goal Model

(a desired result a person or a system envisions, plans and commits to achieve)

1) Choosing the right goal for this model and getting you clear:

You need to be able to measure it with a simple yes/no (achieved/not achieved). And be clear about the details!



You have a specific goal in mind and would like your child to take it on:

a) Can I measure this with a simple yes/no (achieved/not achieved)?

b) Write the positive wording of what you would like them to achieve

_____ - ie sleep through the night without calling us, do homework on their own, use appropriate words when angry

c) How many total 'stars or times' do they need to do this in order to celebrate final achievement? If you are unsure, go lower than you think:

_____ (ie they need a total of 14 nights of sleeping through without calling us, or 9 days of using appropriate words instead of swearing.)

d) As clear as you are able to, what are the criteria for it going from not achieved to achieved in words so they can understand?

_____ - ie if you call us in the night and we come through to you, then you don't get the star, unless: if you call us because you are sick, or wake up from a bad nightmare, then that is still ok and you will still get your star.

The details are: _____

e) Make a sample chart to use as an explanation: one block for every star needed, or find one on the web that may already inspire them. You can always create one together later on, or make your example one attractive when you have decided on the celebration.

2) Getting them inspired and on board

You can choose a goal for them to work on, or you can even leave it up to them to choose.



The wording to get them inspired and to feel you are supporting them:

"So, _____ (insert child name - Cailin), we know that you are working towards _____ (insert the **positive** wording of what you are wanting: ie- sleeping through the night without calling us, doing homework by yourself).

and we also know that it may take lot of self discipline and perseverance to keep it going, and at times may even be difficult.

So we were thinking that because this is something really important and maybe at times challenging, we are wanting to support you and we have an idea that we think will work. It's a kind of star or celebration chart that helps us celebrate the hard work and self discipline we put in when we are working towards a goal we set.

So for every time that you are able to _____ (insert goal - ie: sleep through the night without calling us, do homework by yourself: and remember that you might need to explain if there are an yother criteria- like if you are ill then you still get a star)

then we acknowledge that hard work by placing a star on your chart in one of the blocks. And when you have achieved "x" number of stars, then you can choose how to celebrate that hard work in many different and special ways.

3) Support them in choosing a powerful acknowledgement or celebration.

This is the difference between it being a bribe, and a celebration. Once they have decided their celebration, make it as tangible as possible. Get a picture, that most resembles the result to put this on the



Support them in choosing a powerful acknowledgement or celebration.

... (carrying on from the previous section...)

So we think it should be something special to you because it shows just how hard you have worked for this.

Maybe there is something special you would like to do, or us to do with you? Or do you have any other ideas that would mean a lot to you?"

(if what they respond is not appropriate... then absorb their comment without rejection it - ie "ok... that may be possible **and is there any other way that you can think of that you can celebrate this that will still work for you and us?**)

If they asked for money or toys, and you would prefer to find an alternative, then you can respond:

*"Ok, I'll write what you said down, **and is there anything else that you can think of that does not involve money or new toys that will still work for you and us?**)*

ONCE YOU HAVE DECIDED ON THE CELEBRATION

OK... we now know what we are going to do... would you like to make another chart, or shall we use this one? Then let's find a picture that looks like our celebration and let's stick it up on our chart.

4) Accelerate their success by asking them the check in questions:

At the end of each day, or just whenever you wish, you can ask them these



Check in questions that help get success and build self discipline:

Remember that you don't even need to have a conversation with them. Just ask them the questions and let them answer as they wish.

1. So how did it go today with regards to (insert the goal)?
2. What did you do today, or what worked, that supported you?
3. What do you think you could do tomorrow that would help you even more?
4. Is there anything you think we could do to support you more?

5) If they lose motivation or drive, shift to the Perseverance model

Change to the perseverance model?

If your child loses motivation, or just finds they are not succeeding enough, then the goal model is no longer suitable. Change over to the perseverance model. When you do this, **START A NEW CHART** instead of just continuing the old one.