

Frameworks

EQ COMMUNITY

NEWSLETTER™

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EMOTIONAL INTELLIGENCE (EQ) & SET AND ACHIEVE GOALS



NEW YEAR BRINGS NEW GOALS

by Jordan Sims, Community Programs Specialist

The start of a new year brings a spirit of renewal and hope. Many people set goals or “New Year’s Resolutions”, but few achieve them. What goes wrong? Too often we focus on what we want to achieve without giving enough consideration to the how. We hope that our good intentions’ desire for the end result will keep us motivated, but what we really need to do is use our emotional intelligence to create a path for success. When setting our goals, we need to be self-aware of our strengths and areas for growth to ensure we are setting meaningful and attainable goals. We need to utilize self-management to make an effective plan with objectives laid out like stepping stones toward success. We also need to make responsible decisions along the way to ensure our daily choices keep us on that right path. In this month’s issue, we will share more on how your emotional intelligence can help you set and achieve your goals.

EARLY LEARNING

Goal setting can help shape young children’s first lived experiences. It helps them develop important skills and abilities. At the same time, it makes children feel confident and accomplished. As you create goals for your children, it is important to involve them in the process. This allows them to feel more invested in the process and motivated to achieve each goal. Start by opening conversations about your child’s interests and identifying small steps together. Plan goals that are age appropriate and achievable. Then, dedicate time to celebrate their accomplishments together.

ELEMENTARY SCHOOL

As your child learns how to set new goals, allow them to understand their role, and map out the first steps. It helps them develop self-confidence and problem-solving skills they need to achieve future goals. Invite them to create an encouraging phrase to help them stay focused and motivated. For instance, “I’m proud of myself, I’m loved, I believe in myself.” During this process, there will be different opportunities for small successes. Reflect together and have your child share new things they learned. Ask about challenges or strategies that helped them stay focused.

MIDDLE SCHOOL

As children grow, mature and move along into middle school, setting and achieving goals becomes different and can carry more weight. Setting goals now can be for making a team, starting or ending relationships, or just adjusting to middle school life and the new responsibilities middle school brings. These goals require elevated decision-making skills, and require even more reliance on solid social and emotional learning skills to set and achieve the goals that the start of adolescence brings. This is where the toolbox of solid social and emotional learning skills comes into play. Setting and achieving goals will need solid self-management (controlling emotions to stay on track, delaying gratification), Social Awareness and Relationship Skills (the ability to work with and understand others to help plan and work toward our goals), and, of course, Decision-Making skills. Whether the set goals are achieved or not, the process allows for growth, independence and lessons learned from the process.

HIGH SCHOOL

Setting and achieving goals becomes critically important and carries more weight. It’s essential for high school students to move forward and achieve the plans they are making for their future including work or college, major relationships, and navigating so many more daily decisions they now must make. These goals require more decision-making skills, and now require even more reliance on solid social and emotional learning skills to set and achieve the goals that high school life requires. This is where the toolbox of solid social and emotional learning skills comes into play. As we said for middle school, setting and achieving goals requires solid self-management (controlling emotions to stay on track, delaying gratification), Social Awareness and Relationship Skills (the ability to work with and understand others to help plan and work toward our goals), and of course Decision-Making skills.

WHY IS GOAL SETTING IMPORTANT?

by Caitlin Castro
Education Programs Specialist-
Grant Coordinator

People who set ambitious goals tend to perform better in their professional and personal lives, compared to those who choose not to set goals. Setting goals is an integral part of human nature and the best way to ensure we are holding ourselves accountable and living our best lives! When you sit down to set goals for yourself, ensure they are specific, measurable, realistic, and achievable. See below for some of the benefits of goal setting!

- Goals align our focus
- Goals can help us turn BIG hopes and dreams into smaller, more manageable steps
- Goals encourage us to take action
- Goals keep us accountable
- Goals help us feel good about ourselves
- Goals help us live our best lives

All in all, setting goals allows us to live a life where we are able to successfully work towards the rewards we want in life.

RESOLUTIONS AND THE NEW YEAR

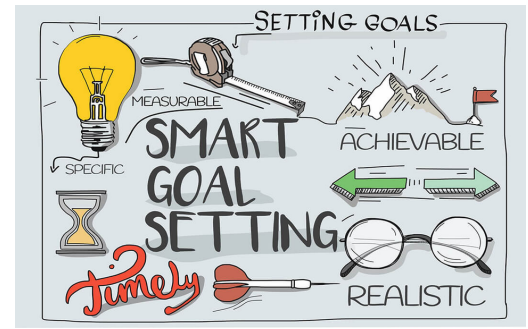
by Melissa Hartnett
Education Programs Specialist

A recent Inc. article stated that “of the 41% of Americans who make New Year’s resolutions, only 9% were successful in keeping them.” Clearly not everyone is good at following through. An American Psychological Association study found that “goal setting is most likely to improve task performance when the goals are specific and sufficiently challenging.” The theory is that the more challenging and specific your goals are, the higher your motivation will be to achieve them. For example, challenging yourself to lose 30 pounds in a year is somewhat vague, but deciding you will lose 5 pounds a month by cutting out sugar and exercising 45 minutes at least 3 times per week is more specific. Clarity seems to be an important key to success. So, as you set your personal goals for this year, make sure to ask yourself if they are challenging and specific in order to stay motivated and be successful.

To access additional free resources or purchase resources for home, classroom, or office use, please visit our website:



www.myframeworks.org



RESOURCES AND READINGS

by Liz Molitor
Education Programs Specialist

Goal setting is a great skill we can teach our kids! Take your time and start early. Help your kids identify their values and set goals using small manageable steps. Create visuals and imagine the hurdles they may face along the way. Check in and reevaluate as you go!

- [6 Activities That Inspire A Goal-Setting Mindset In Students | Edutopia](#)
- [The Importance, Benefits, and Value of Goal Setting \(positivepsychology.com\)](#)

Life is short, fragile and does not wait for anyone. There will NEVER be a perfect time to pursue your dreams and goals.

unknown

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MAKE AN IMPACT

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