Goal setting worksheet, ages 6-8

TRY A NEW THING

ROOTED ACADEMY

NAME _____ TEAM / CLUB _____ SEASON _____

KIDS: MY GOAL

One thing I want to try this season:

_____

Draw it:

This week I'll try it by:

_____

My goal in one sentence:

I _____

How I'm tracking:

☐ Daily ☐ Weekly ☐ Monthly ☐ By season

Every time I try it, I check a circle:

○ ○ ○ ○ ○ ○ ○ ○

Something I'm proud of:

_____

PARENTS: MY ROLE

1. **Ask:** What do you want to try? Then stop talking. Write it in their words.
2. **Ask:** What is the fun part? Listen for fun and effort, not results.
3. **Your role:** one small way to help. Play catch, practice together, or just cheer.
4. **Help them say it** in the present tense, in their own voice.
5. **Pick a rhythm together.** At this age, weekly works best.
6. **Celebrate the trying,** not the result. Ask: What was the fun part?
7. **Your own goal to share:** I'm working on _____. Let them see it.

Informed by: Locke & Latham (2002), specific goals with feedback on progress. Bandura & Schunk (1981), near-term steps build children's skill and interest more than distant goals. Côté & Hay (2002), the parent role shifts as athletes grow. General guidance for young athletes, not an individual plan.