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## “ Making the Most of Winter Break: Everything About Setting Holiday Goals! ”

#WinterBreakPlanning

#GoalSetting

#GoalReview

#AfterTheHolidays

#MyChangedSelf

#Checklist



I'm the mascot of  
Dream Letter,  
**Dreami!!**



### If you're seeing these scenes repeat every holiday, it's time for proper goal setting!

A child facing the holidays without goals may easily give up on plans and succumb to minor temptations. If you're experiencing the same arguments with your child every vacation, it's time to **check if they have set proper holiday goals. A solid goal should include the following four elements, so let's set holiday goals together.**

#### Realism

Goals should be realistically achievable. Vague goals won't lead to good planning.

#### Action Plan

A goal shouldn't end as just talk. A good goal needs a concrete action plan for execution.

#### Time Frame

Goals without deadlines tend to fizzle out. Set a deadline and stick to it for an effective goal.

#### Measurability

Goals should be quantifiable. Objectives like 'wake up early' or 'study a lot' are hard to measure.

## Guide Your Child in Setting Effective Winter Break Goals!

Setting goals that incorporate all four elements is not easy, especially for children who are not used to goal-setting. Start by listening to your child's holiday goals and help them refine these goals. If all four elements are considered, then you can say a successful goal has been set.

I will solve ten math workbooks during the winter break!

Helping them set proper goals is essential...

But how should you approach it?



### 1. Is the goal realistic?



Completing ten workbooks during the short winter break period is not realistic. Unrealistic goals often lead to abandonment. Aiming too high can diminish their motivation to study, so assist them in setting achievable goals.

**Example** How about starting with thoroughly completing two books and gradually increasing from there?

### 2. Is there an action plan to achieve the goal?



If solving workbooks is the goal, concrete action plans like 'solving ten problems daily' or 'dedicating time from 8 PM to 10 PM for solving problems' should be planned. As the process of detailing the execution can be challenging, work together to draw up the holiday plan.

### 3. Is there a specific deadline for the goal?



Setting a more specific deadline than just 'during the winter break' is advisable. If the break is two months, set monthly goals and corresponding action plans. This allows for interim reviews and prevents the child from procrastinating over a long goal period.

**Example** How about aiming to complete one workbook per month for a total of two during the break? Planning to complete ten books could be a yearly goal.

### 4. Is the goal measurable?



Completing ten math workbooks is a measurable goal. The progress can be clearly quantified and tracked. However, just because a goal is measurable doesn't mean it's necessarily good. It requires a comprehensive evaluation, including whether it's realistic and has a set deadline.

**“First review your child’s holiday goals. It’s not too late to set a holiday plan once the goals are firmly established.”**

