



Goal Form

INSTRUCTIONS: The course that you have enrolled on is a goal focused course. You will be given the opportunity to consistently consider your progress towards reaching your goal or goals during the sessions. So please consider carefully what is your short term goal or goals that you would like to achieve by the last session of the course. Write them in the space provided below.

Name:

My goal or goals that I want to achieve for myself and my children/teen by the end of this parenting course are:

.....
.....
.....

Examples of **short term** goals:

- I want to learn skills to help me to get my child or teenager to listen.
- To learn how to get back my relationship with my child/teenager.
- To learn skills of how to become a more patient parent.
- To gain a certificate showing I have attended a parenting course.
- To know if I'm doing the right thing.
- To learn skills to help me discipline my kids or teenagers.
- To learn what I can do instead of smacking them.
- To gain some new ideas.
- To learn skills to help me manage my anger and frustration.
- To meet other parents.
- To have more practice in speaking English.

You will be given an opportunity to share your goal(s) with the other parents in the course. Please bring this completed page with you when you come on the first session.