Goal Setting
January 2026

*S*tarting a new year is a great time to think about goals, because it feels like a fresh start and a chance to try something new. A goal is something you want to learn, do, or improve - and it can be small or big. A small goal might be reading one new book each month, practicing a new skill for 10 minutes a day, or not biting your fingernails. A big goal might be earning a new badge, learning to ride a bike, or completing a big project with your troop. To set a goal, think about what you want to do, why it matters to you, and how you'll take steps to make it happen. When you reach your goal - celebrate your hard work! Share your success, give yourself a cheer, or do something special to mark the moment. Every goal you set helps you grow stronger, braver, and more confident.

You can keep track of your goals by finding a simple way to remind yourself and notice your progress. You might write your goal down in a notebook, make a colorful chart, or use a checklist to mark each step as you complete it. Some girls like to draw pictures, use stickers, or color in a box each time they practice or work toward their goal. It also helps to check in once a week and ask yourself, "What did I work on?" and "What's my next step?" Watching your progress grow can be exciting and helps you stay motivated all the way to the finish line!

This month's challenge is to create one small goal <u>and</u> one large goal. You can do this with your troop or on your own - the choice is yours!

Remember to keep track of your progress while working on your goal. Take a photo of you working on your goal or how you are keeping track of it for your monthly challenge submission.

Deadline to submit your Goal Setting Monthly Challenge:
Sunday, January 31, 2026, at 5:00 PM MST.
Submit report at: https://bit.ly/GoalSetting_Jan2026
You will receive your patch in 3 - 4 weeks after the end of challenge.
If you have any questions, please email info@gsdsw.org.

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