

Family Goal Setting

Goal:
Action Plan:

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Family Action Plan Questions

Questions to ask when setting family goals:

1. What are some of your biggest challenges as a family?
2. What would you like to do better as a family?
3. What have you always wanted to do but were afraid to try as a family?
4. What do you enjoy doing as a family?
5. Note: These goals are for the entire family. Try to stay away from having goals specific to individual members.

Questions to ask to help achieve your family goals:

1. What will success look like for the family?
2. What could be big obstacles to achieving these goals?
3. How will everyone feel when they achieve these goals?
4. What will keep everyone motivated to achieving these goals?
5. What steps can we take today to achieve these goals as a family?

Questions to ask after the first 90 days:

1. What did we do well as a family?
2. What did we accomplish as a family that we are proud of?
3. What mistakes were made as a family and how do we learn from them?
4. What could be done differently to help us achieve these goals?
5. For the goals that we didn't accomplish, can they be adjusted?

Easy Family Goals Ideas...

Daily

1. Wake up earlier
2. Be on time
3. Spend more time outside
4. Eat healthier
5. Read nightly
6. Set a time to unplug from electronics and/or social media.

Weekly

1. Family Game Night
2. Family Dinner (uninterrupted, no devices)
3. Sticking to weekly chore plan
4. Family Yardwork
5. Everyone cooking one meal together
6. Movie Night

Monthly

1. Family meeting
2. Volunteering together

Yearly

1. Family Olympics
2. Family Road Trip
3. Donating Old Toys/Clothes

- 4. Updating Family Goals**
- 5. Celebrating Successful Family Goals**