

3 Steps to *family* Goal Setting



Experts agree that the solution to creating real transformation begins by setting manageable goals. Every year, you can look back and appreciate all that improvement and retool whatever didn't stick. This is so helpful for teaching your kids healthy living habits for brighter futures. There's no better time than right now to launch some new year family goals.

1: Review Past Year.

Review the past year and list all the habits you created & kept up on a regular basis that you'd like to continue.

2: Set New Goals.

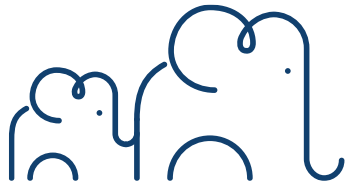
Identify 1-3 areas of your life you would like to improve upon, as a family, and set new attainable goals in those 3 areas. Keep it simple!

3: Live Your Goals.

Post your top goals in a place where you will see them every day and commit to reviewing your progress: weekly, quarterly, annually.

This one simple page can help you set goals that will positively impact your entire family. For a deeper dive, check out the following pages that break down steps 1-3 in greater detail. You've got this!

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Tip: Some quiet introspection to really consider the past year is key! Then talk with your spouse and kids to hear their perspectives. A family is always more successful when everyone works together.

1: Review Past Year.

Review the past year and list all the habits you created & kept up on a regular basis that you'd like to continue.

Take a look at each of these areas and assess your wins from 2020. Then circle 1-3 of them to improve upon for 2021.

- Spirituality
- Relationships
- Friendships
- Health
- Finances
- Career

Review questions to consider before you fill this out:

Are we satisfied with the amount of time my spouse and I spent as a couple? How would we rate our family time together? Are we satisfied with how present each of us was to each other? Are we satisfied that God or our faith was a priority? Did we take time to improve our mental and physical health with check-ups or self-care? Are we satisfied with the time spent with friends and family? How much time/ effort was spent on career/ school? Am I satisfied with the amount of downtime/ leisure we spent as a family? What was something we did differently in 2020 in regards to our finances or work that ended up benefitting the whole family?

Wins:

| | | |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

PRO USER TIP:

Print multiple copies of this page to dive deeper into a specific category.

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“**Make your family’s dreams... Reality!**
*A dream written down with a date
becomes a goal. A goal broken down
into steps becomes a plan.
A plan backed by action becomes reality.*”

2: Set New Goals.

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SEE GOAL
EXAMPLES
ON THE
NEXT PAGE >

Review your list from the Year in Review and turn it into a plan!

Circle the priorities in your family from the year review and now adjust as needed and list them here.

PRO USER TIP:

Print multiple copies of this page to dive deeper into a specific category.

Goal 1: _____ *By (date):* _____

How this will benefit our family: _____

Goal 2: _____ *By (date):* _____

How this will benefit our family: _____

Goal 3: _____ *By (date):* _____

How this will benefit our family: _____

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2: Ideas for Family Goals.

To get your mind flowing, here are some examples of family goals from our raving fans:

Spirituality: read a daily devotional together each morning, invite a friend to attend church with us, start each day with a meditation exercise, say bedtime prayers together in the baby's room each night.

Relationships: work on using "I feel" statements when communicating in co-parenting, have a monthly date night without spending a dime, read 1 book per month aloud as a family, every 3rd Saturday of the month is daddy/daughter mother/son date, tape a paper heart to each person's door once a month that says something we adore about them, call or video chat the grandparents or cousins for 15 min every Sunday.

Friendships: schedule monthly pot luck dinners with the Jones', mail a hand-written thank you card signed by the entire family any time we spend time with our friends, spend more time with the _____ (Smith family) to get to know them better, keep adding to an ongoing list of who we will send holiday cards.

Health: On Saturdays plan 7 dinners, shop for ingredients and everyone pitch in to prep, make and clean up meals, everyone take a multi-vitamin every morning with breakfast, log 30 minutes of exercise activity daily, every one participate in a well visit and eye check up, eat 3 servings of veggies per day, have dinner 5 nights a week with no screens, dock all electronics by 7pm (parents included)

Finances: Pay off store credit cards in full, refinance the house, make a list of monthly expenses and identify 2 areas to reduce expenses (bundle insurance, cut tv/internet packages for free options, unplug all appliances unless you're using them), help older children find ways to earn money (mowing lawns, scooping snow, babysitting), donate monthly to our favorite charity, increase our weekly donation to church by 5%.

Career: Leave the office by 5:00 every day, Start each day by time blocking for more efficient use of time, update my resume and apply to 1 new job per week, apply for the promotion, attend 3 conferences that focus on leadership, update LinkedIn and check it every day at 8:15 am, buy a new computer, shred all unnecessary paper and update files.

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Tip: Circle back to assess progress in order to keep momentum, make adjustments to goals and reach the finish line.

3: Live Your Goals.

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Daily:

Post it in a place where your family will see it daily. Keeping goals top of mind is crucial.

Weekly:

Huddle up once a week during dinner or downtime on Sundays to chat about the progress you're making towards new habits. Keep it upbeat and encouraging! Have each person list one thing that's going well and one thing that's been challenging.

Quarterly:

Mark your calendar for a quarterly family huddle where you take a deeper dive into the specifics of what you've done over the past 3 months that is positively impacting the family. Make any adjustments to your goals at this time, taking into consideration all suggestions from each person in the family. Big time bonding experience!

Annually:

Plan the party! Mark your calendar for the first week or two in January 2021. You're going to celebrate the positive changes you intentionally set a year ago as you review your initial goal setting sheet, reminisce about the weekly & quarterly family huddles and revel in the positive impact your changes have made on the entire family.

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*Spread the joy and share this tool with those around
you - together we can change the world one goal, one
family, one community at a time.*

We see BIG Changes
in Your Family's Future!

And we can't wait to share some amazing news from
Families of Character. We're not allowed to let the cat outta the
bag just yet, but stay tuned for a big announcement very soon.

Let's take this year by storm—together!