



Family Goal Ideas

Behavioral Goals that work towards a change of attitude or behavior. Ideas can include following instructions, making good choices and exhibiting self-control.

Financial Goals that teach financial responsibility. Work on learning how to budget, save up for an item, save for a big vacation or activity and set money aside to give to charity.

Health Goals that focus on health and wellness. Focus on eating more fruits and veggies, eating at home more, exercising outside, working out together as a family and learning about how to be healthy.

Activity Goals that involve time spent together, activities, visiting museums, going on vacations, camping trips, and anything else involving experiences.

Technology Goals that focus on technology use. Goals under this category can include anything involving a screen, when and where you use them, how you use them and what kind of content is consumed.

Service Goals that entail anything related to serving others. Volunteering, doing random acts of kindness, and helping a neighbor are all examples of service goals.

Relationship Goals that focus on how you treat each other as a family and others such as extended family and friends. This can be the way you communicate, what you do together, how you act towards each other. There are always goals to work on when it comes to relationships because they take work!



For more information on setting and achieving family goals check out:
www.raisingkidswithpurpose.com/family-goal-setting

Discover Your Family Goals

Fill out this sheet in order to discover a specific goal you should be working on as a family.

Tip: Laminate, fill it out, discover your goals, write it on the action plan and use again!
You can create as many goals as you'd like. Recommended amount: 2-4 at a time.

Goal = The specific ways you execute your values

**Some Challenges You Face
As A Family**

**Areas of Family Life That Need
Work**

**Activities You Would Do If You
Had More Free Time**

Your Favorite Things to Do

List What Motivates Everyone

**Things You Have Always
Wanted to Do But Afraid to Try**

Drumroll please...Our Goals Are:

1

3

2

4

Family Goals Action Plan

Dates: _____ to _____

Goal #1: _____

How Often? _____

How Long? _____

What Will Achievement look like?

Anticipated Obstacles:

Action Steps:

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Goal #2: _____

How Often? _____

How Long? _____

What Will Achievement look like?

Anticipated Obstacles:

Action Steps:

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Goal #3: _____

How Often? _____

How Long? _____

What Will Achievement look like?

Anticipated Obstacles:

Action Steps:

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Goal #4: _____

How Often? _____

How Long? _____

What Will Achievement look like?

Anticipated Obstacles:

Action Steps:

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Family Goals Reflection

Dates: _____ to _____

Goal #1: _____

Areas we did well:

Areas that need improvement:

What we are proud of:

How to be more successful:

Goal #2: _____

Areas we did well:

Areas that need improvement:

What we are proud of:

How to be more successful:

Goal #3: _____

Areas we did well:

Areas that need improvement:

What we are proud of:

How to be more successful:

Goal #4: _____

Areas we did well:

Areas that need improvement:

What we are proud of:

How to be more successful:

