

FAMILY GOALS

SPIRITUAL

Goal: _____ by date: _____

Plan:

1 _____

2 _____

3 _____

How will we celebrate? _____

PHYSICAL

Goal: _____ by date: _____

Plan:

1 _____

2 _____

3 _____

How will we celebrate? _____

MENTAL

Goal: _____ by date: _____

Plan:

1 _____

2 _____

3 _____

How will we celebrate? _____

QUALITY TIME

Goal: _____ by date: _____

Plan:

1 _____

2 _____

3 _____

How will we celebrate? _____

Sample

FAMILY GOALS

SPIRITUAL

Goal: Attend worship weekly by date: June, 2024

- Plan:
- 1 Carefully choose activities so they don't interfere.
 - 2 If traveling, find a local church or watch online together.
 - 3 Get enough sleep the night before and set our alarms.

How will we celebrate? Get a "fancy" drink from the coffee shop!

PHYSICAL

Goal: Do a family 5K race (and train!) by date: May 2024

- Plan:
- 1 Pick a race for all ages together and sign up.
 - 2 Make a plan to train and mark it on the calendar.
 - 3 Learn how to warm up and stretch to train safely.

How will we celebrate? Invite family and friends to cheer at the race!

MENTAL

Goal: Find 300 things to be thankful for by date: July 2024

- Plan:
- 1 Make a journal and put it in a prominent place.
 - 2 Read what each person added to the journal once a week.
 - 3 If you notice a family member hasn't added anything, remind them.

How will we celebrate? Have a family outing to the water park!

QUALITY TIME

Goal: Eat dinner together 3x/week by date: April 2024

- Plan:
- 1 Always eat dinner together on Sundays.
 - 2 Say "no" to something extra if it will prevent the goal.
 - 3 Mark the days on a calendar based on schedule to prepare.

How will we celebrate? Go out for Mexican food!