

# FAMILY GOAL SETTING SHEET

Together, we will set and meet a SMART goal!

## OUR GOAL:

Our goal is specific! The goal we have is: \_\_\_\_\_  
\_\_\_\_\_.

Our goal is measurable! We'll know we have met our goal when:  
\_\_\_\_\_  
\_\_\_\_\_.

Our goal is achievable! We know that it is possible to reach our goal because:  
\_\_\_\_\_  
\_\_\_\_\_.

Our goal is relevant! This goal matters to our family because:  
\_\_\_\_\_  
\_\_\_\_\_.

Our goal is timely! When do we need to complete our goal?  
\_\_\_\_\_  
\_\_\_\_\_.

## REFLECTING ON OUR GOAL:

Did we meet our goal? Yes No

What did we do well? \_\_\_\_\_  
\_\_\_\_\_.

What could have we done better? \_\_\_\_\_  
\_\_\_\_\_.

How do we feel about how we did? \_\_\_\_\_  
\_\_\_\_\_.