

Name: _____ Date: _____



Goal Setting Worksheet

MySMARTGoal

I want to _____

by _____

So I will _____

_____ to meet my goal!

FAMILY DISCUSSION

Sit down with your family and set 1 SMART goal as a family. Talk about your priorities, needs, and what you think can help your family grow! Some ideas to think about: spending quality time together, health and fitness as a family, household responsibilities, or financial goals. Don't forget to make it S.M.A.R.T. Write down this goal below.
