



The Family Resource Builder

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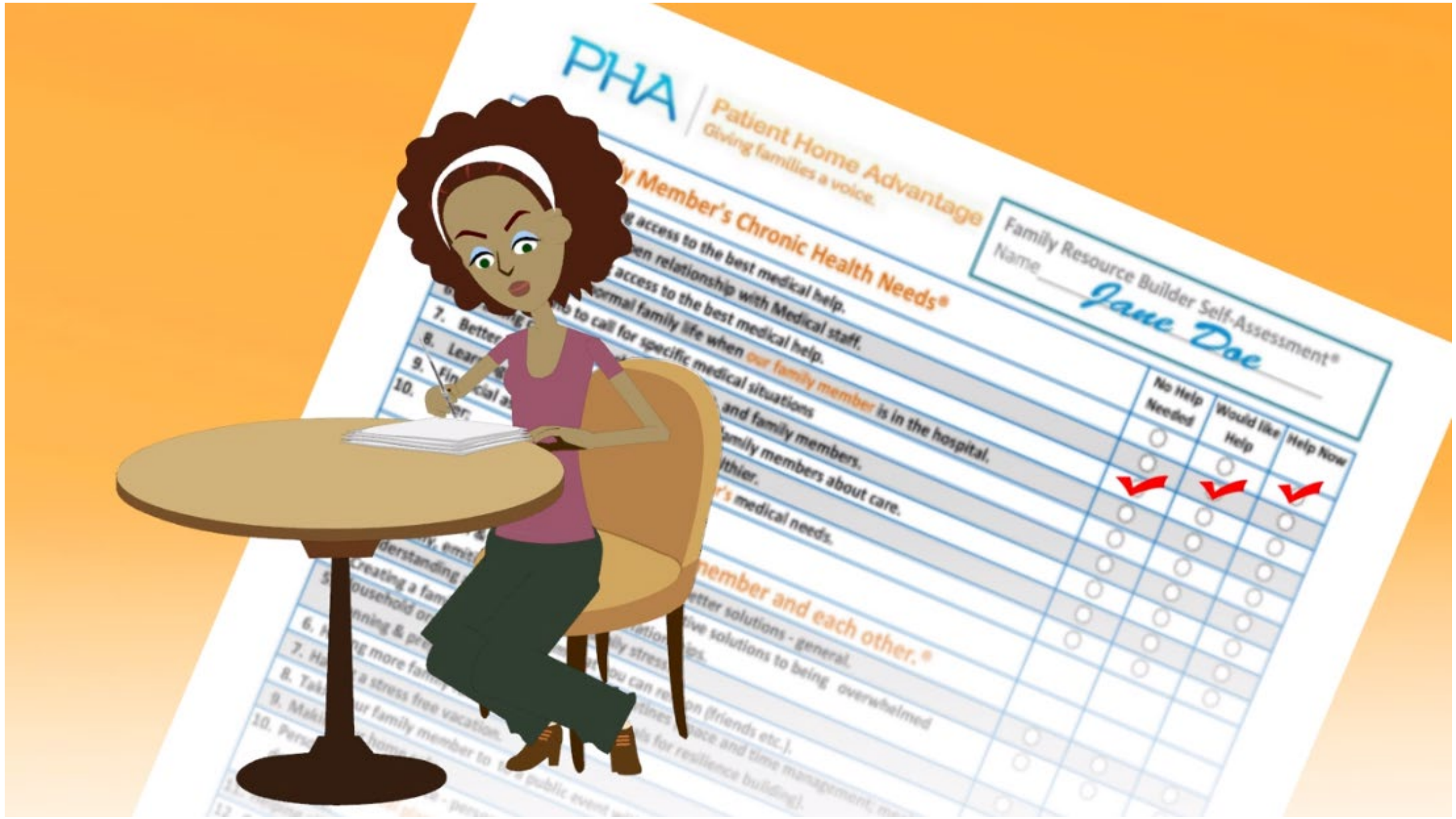


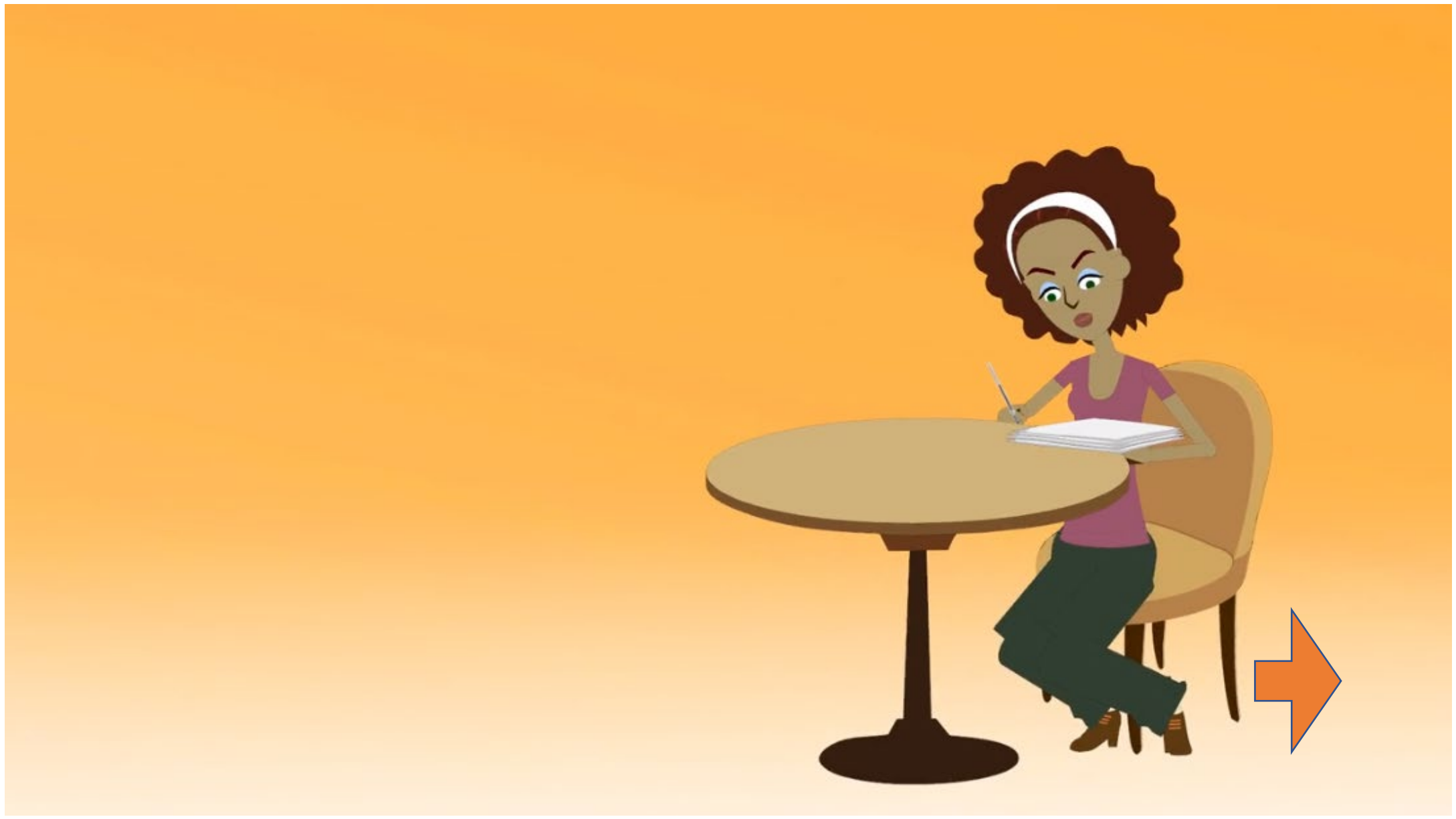
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SETTING ACTION GOALS FOR LIFE IMPROVEMENT



Simple Goals

Simple goals are small, uncluttered, easily stated and clearly understood. Growth is difficult enough without setting complicated goals. Simple goals help us decide exactly what we are committed to do. Goal setting reveals our motives, drives, interests and commitment to find workable solutions.

Simple goals empower us to move in the desired direction. One research study concluded that having good goals increases the likelihood of positive change by a factor of two.

Realistic Goals

Realistic goals are those that can reasonably be accomplished. If people set the bar too high, failure is inevitable. Sometimes a person's expectations bring false guilt. By setting realistic goals, we make sure we accomplish each step and continue to move forward.

Timely Goals

Timely goals encourage realistic changes by setting a reasonable date for their completion. By imposing a time boundary, we are more likely to develop the discipline necessary to alter old habits and consistently do new habits. Open-ended goals put no positive pressure on us to seize the day and make the most of the time.

Measureable Goals

Only by having a Measureable goal can we tell if we have made progress. Scales and specific action steps allow us to evaluate how well we are doing.

Measuring progress is important to help us see improvements. Scaling is a great way to be concrete and helps us continue the change transition process. Scales help us see the small changes that are occurring in life. They allow us to visually renew our minds and become more realistic about growth. Everyone understands a scale. You can ask yourself this series of questions to scale your progress:

1. How many times a day do I think about my goal?
2. How many times a week do I think about my goal?
3. How many times a month do I think about my goal?
4. How many times a year do I think about my goal?
5. How well am I doing towards my goal?
6. How well am I doing towards my goal?
7. How well am I doing towards my goal?
8. How well am I doing towards my goal?
9. How well am I doing towards my goal?
10. How well am I doing towards my goal?



ACTION PLANNING GOALS AND OUTCOMES



Benefits of working towards goals by doing an Action Plan you put in place

- 1. Gives you a firm target to work towards;
- 2. Helps you be a better problem solver and find good options;
- 3. Helps reduce your stress;
- 4. Helps you find more services available to you;
- 5. Helps your entire family benefit from a good solution; and,
- 6. Helps you become a stronger advocate for your child.

1 Task you want to accomplish & Goal

More quality family time!

2 What do you want to happen in the next 6 months, or less? Write a 1 or 2 sentence description of the goal for this task. If a miracle happened today, what would that be?
Spend time as a family. A miracle would be spending 3 hours a week together doing something fun.

3 What's happening now related to this problem or situation? Write a 1 or 2 sentence description of what is currently happening related to this task.
With two needy children. I barely manage through the day. When my husband comes home from work I have to take a kid. We never have any time for fun.

4 Brainstorm all possible resources.
Enter for help
Community

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FAMILY TIME

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	★	★		

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Less Stress



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Video by Robert A. Brubaker