

## Helping Families Set Achievable Goals

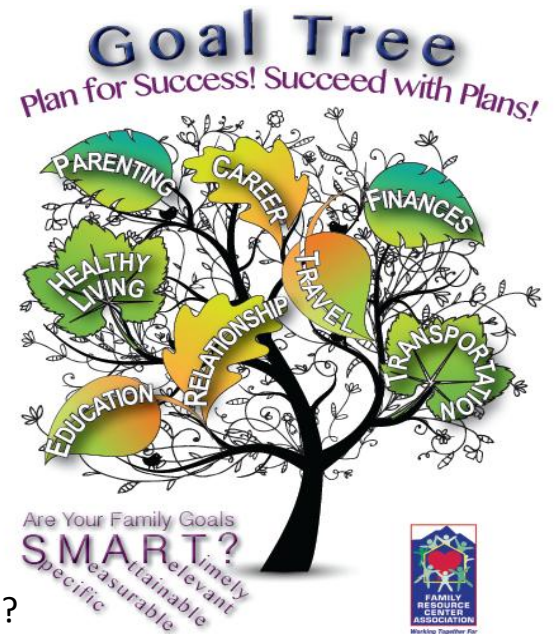
First, dream BIG and identify strengths

- Start with family needs and **dreams**
- Identify families and build on **strengths**
- Restore the natural ability to **envision**

Next, develop S.M.A.R.T. goals

- Specific - What do I want to accomplish?
- Measurable - How will I know when it's accomplished?
- Attainable - How can the goal be accomplished?
- Relevant - Is it realistic and how can it be accomplished?
- Timely - What can I do today, in 6 weeks, in 6 months?

Lastly, write it down and follow through



Place your goal in the blue circle below. Use the orange circles to identify the steps needed to achieve your goal.

GOAL

Use the space below to detail out each step related to achieving your stated goal above. Details should include what actions will be taken, who is involved, and the timeline for completing the step.	
Step 1	Timeline
Step 2	Timeline
Step 3	Timeline
Step 4	Timeline