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