

Family Goal Setting Worksheet

Choose one shared goal, name the first action and adult, then bring this page back on the review date.

■ THIS SHARED GOAL

Use your own words. Keep it to one goal this page can hold.

Household or names _____ Review date _____

Our goal _____

Why it matters to us _____

■ THE FIRST MOVE

Write one action for this week. The named adult takes that action, not every part of the goal.

One action this week _____ Adult taking it _____

Visible cue or place for this sheet _____

■ AT THE REVIEW

Choose the word that matches the page now. You can print a new copy when it needs different words.

Keep This goal and first action still fit.

Change Write a new version that matches what changed.

Stop Take this page down when the goal no longer belongs here.

Decision _____