

# FAMILY LIFE GOALS



**David Paris**

**Illustrated by Joseph Shepherd**

Copyright © 2023 by David Paris

Family Life Goals

All rights reserved.

ISBN: 979-8-85-115323-5

## **ACKNOWLEDGEMENTS**

Thank you Joseph Shepherd for illuminating this book with your artistry.

Thank you Oksana Kosovan for your beautiful formatting.

Thank you Michelle Villariez for your support and ideas.



# CONTENTS

Acknowledgements.....	3
Author’s Note.....	7
Note to Parents and Caretakers.....	9
Introduction .....	11
<b>SECTION 1: EASY GOALS .....</b>	<b>13</b>
Family Meeting 1: Beginning Steps.....	14
Family Meeting 2: Action Plan .....	23
<b>SECTION 2: MEDIUM GOALS .....</b>	<b>31</b>
Family Meeting 3: Taking Goals to the Next Level.....	32
Family Meeting 4: Growth Mindset .....	38
Family Meeting 5: Creative Solution Mindset .....	43
<b>SECTION 3: HARD GOALS .....</b>	<b>51</b>
Family Meeting 6: Going After Hard Goals .....	52
Family Meeting 7: Bouncing Back.....	59
Family Meeting 8: Following Success.....	63
Family Meeting 9: Breaks.....	66
<b>SECTION 4: REFLECTION .....</b>	<b>71</b>
Family Meeting 10: Life Goals Review.....	72
Conclusion.....	75
About the Author .....	77



## AUTHOR'S NOTE

For twenty years as a middle school teacher, I taught goal setting with terrible results. Like most people in the world, my students set their goals with excitement, but then rarely followed up with sustained action or change.

For my 21<sup>st</sup> year, I set out to do something different. I modeled everything I taught. Every day, I went through the same process that I asked my students to go through, sharing both my successes and failures. That changed everything. Why? I stepped out of the traditional teacher role of telling kids what they needed to do and stepped into a different type of leadership: modeling being human. I also made space for group support by posing questions about how to solve problems to the community rather than possessing all of the solutions. And then, for the very first time, my students experienced success in achieving their goals.

Family Life Goals uses the same approach to leading and achieving life goals. I have taught many families to use this approach with transformational results. I wish your journey to be as enriching and rewarding as theirs, full of learning, connection, and triumph.



## NOTE TO PARENTS AND CARETAKERS

Thank you! Thank you for all you do. Thank you for taking on this family experience. Thank you for making the world better in the most impactful way possible: at home.

The purpose of this book is to teach the tools of goal setting and goal achievement as a family. This could mean your nuclear family, your extended family, or anyone that is family to you. This is not a handbook on telling your kids what to do. It's a guidebook that engages *everyone* in the family to go after their dreams, yourself included. The curriculum is structured this way because children respond incredibly well to modeling. By seeing other family members go through the ups and downs of their individual journey, children will learn the importance of setting goals and what it takes to reach their goals. And once they go through the process of having what they want in their lives, they can use these same tools to achieve anything you set in front of them later.

Another benefit of doing this curriculum together is that it strengthens family ties. At every family meeting, there is communication, support, and collaboration. Everyone will learn new skills as well as grow closer as family. Deep bonds are formed by reaching for your goals with people you care about.

Enjoy the journey, enjoy the destination, and I will see you on the other side.



# INTRODUCTION

Welcome to the amazing world of goal setting and achieving your dreams!

In this book,

1. Goals will be fun and doable.
2. You get to work towards making your dreams a reality.
3. You will get support from your family without any additive pressure.
4. Everyone will go through the same process, adults included.

You will have 10 family meetings that progress from easy goals to hard goals. Everyone will learn how to break their big goals into small steps while staying motivated, accountable, and focused. These techniques will last you a lifetime and can be used again and again.

Family Life Goals is a communal journey. There are ground rules to ensure that everyone is at their best.

1. One person shares at a time.
2. Respect everyone's process and thinking.
3. Offer positive comments and support only.
4. Rotate who reads aloud the instructions for each family meeting.
5. \_\_\_\_\_

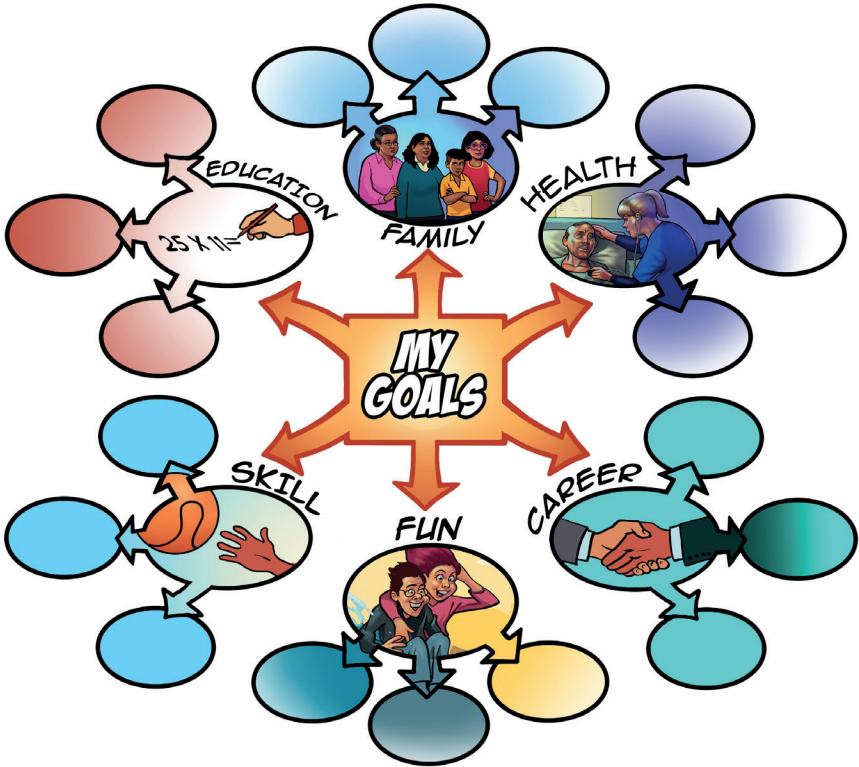
*(Five can be an additional rule if anyone wants to add something).*

Get ready to achieve something that you have always wanted.  
It's close to becoming a reality.



## **SECTION 1: EASY GOALS**

# FAMILY MEETING 1: BEGINNING STEPS



## ACTIVITY 1: Brainstorming

**Time:** 15 min

**Purpose:** To build excitement.

- Instructions:**
1. Make copies of the above mind map and distribute it to each family member or have each family member create their own.
  2. Say, “For our first family meeting, we are going to think big and brainstorm everything that you have ever wanted for yourself. Anything! Nothing is too big or too small. It could be world peace, it could be an extra plate of spaghetti at dinner. It could be video game success or it could be improving your math grade. The most important thing is to choose things you really want in your life.”
  3. Say, “Use the Mind Map to help brainstorm ideas for what you want. The categories are there to help you focus on different areas of your life. Add your own circle and category, if you would like. Even if you think of a goal that seems unattainable, write it down.”
  4. Say, “If you are struggling to think of goals, it’s okay to think of things you don’t want in your life. After you say what you don’t want, just follow the thought by considering what you do want.”
  5. Say, “You have 10 minutes to fill out the Mind Map. If you have time, feel free to decorate it.”
  6. Say, “Next to each goal, rate the difficulty of the goal on a scale of 1–10.”

7. After everyone is finished, share Mind Maps so everyone can see what everyone else did.

*Email [info@SELLifeSkills.com](mailto:info@SELLifeSkills.com) to request a blank downloadable Mind Map PDF*

## ACTIVITY 2: SMART Goals

**Time:** 10 min

**Purpose:** To make goals specific and measurable.

- Instructions:**
1. Say, "It is now time to transform your goal into a SMART goal. A SMART goal is an acronym that stands for specific, measurable, attainable, relevant, and timed. SMART goals help you be clear about what you want and track how close you are to getting it."
  2. Say, "Let's use food as an example. If your goal is to eat something good, that's a great goal, but not a SMART goal. If your goal is to eat one piece of chocolate cake by tomorrow night, that would be a SMART goal! Let's find out why."



3. Say, "S stands for SPECIFIC. Being specific gives you a clear target to focus on. In order to be specific, think of the details of your goal."

***For Example:***

- a.** Instead of saying "I want to save money," it's more specific to say "I want to save money to buy a video game."
- b.** Instead of wanting to spend more time with your family, think of what you would want to do with them. Do you want to watch TV together? Go to a concert?



- c.** One piece of chocolate cake by tomorrow night is a SMART goal because it's specific about what type of dessert you want.
- 4. Say, "M stands for MEASURABLE. It's crucial to measure your goals so you know whether you are making progress or not."

***For Example:***

- a.** If you want to be better at sports, how many more push-ups and sit ups do you want to do?
- b.** If you want to learn a new language, how many words do you want to learn each day?



- c.** A piece of chocolate cake by tomorrow night is a SMART goal because you're saying you want one piece of chocolate cake. We can measure that.
- 5. Say, "A stands for ATTAINABLE: Is the goal within reach or is it impossible to achieve? Can you reshape the goal so that you are able to achieve it? Can you alter your goal so you can take the first steps towards reaching your goal?"

***For Example:***

- a.** If your goal is to end world hunger, maybe revise your goal to start a food drive at your school.

- b.** If your goal is to be the best gamer within a week, you could revise your goal to being the best among your friends in a week.
  - c.** A piece of chocolate cake by tomorrow night is a SMART goal because that's something that you can probably obtain. You might have to make it yourself, you might have to get creative about how to get it, but it's doable, unless you're not allowed to eat chocolate cake.
6. Say, "R stands for RELEVANT: Is your goal connected to things you are passionate about? Is your goal connected to values that are important to you?"

***For Example:***

- a.** If creativity is important to you, try setting a goal to learn how to play an instrument.
  - b.** If fashion is important to you, you could organize a fashion show at your next family gathering.
  - c.** Assuming you love chocolate cake, this is a SMART goal to eat by tomorrow night because it's something you care a lot about.
7. Say, "T stands for TIMED: Does your goal have a deadline? Depending on what you want to achieve, the deadline could be 24 hours, next week, or next month."