

Planning for Success

Name: _____ Date: _____

Family Mission Statement

(What are your hopes and dreams for yourself and your family?)

Example: I want my family to be happy and healthy

Long term family goal (2-5 year goal)

Short term family goal (1 year or less)

What skills, strengths, and resources do you have to help you achieve this goal?

What barriers may get in the way of achieving this goal?

SMART Goal Checklist

Is my goal...

Specific: Who, what, when, where, why.

Measurable: How will you know when it's done?

Attainable: Is it something you are able to accomplish?

Relevant: How will meeting this goal help you?

Timely: How long will it take you to reach your goal?

Action Plan

Short term goal: _____

Achieved by: _____

Steps	Who	Target Date	Completion Date
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____