

## Family: Measurable Goals

Date \_\_\_\_\_

As we look to the future it is helpful to establish short and long-term family goals that are measurable and attainable. Here are some areas you may wish to address in your planning. Which items focus on the current condition of your family? Partners should accomplish this together, taking care to talk through indicators in the most obvious areas. Use this checklist as a sounding board to isolate pertinent issues. Narrow your discussion to the two or three most pressing needs.

- \_\_\_ Our child learning to be a learner
- \_\_\_ Our family atmosphere of acceptance
- \_\_\_ To be accepting of others different from ourselves
- \_\_\_ Physical and sexual education about our bodies
- \_\_\_ To learn self-discipline and personal responsibility
- \_\_\_ To develop confidence in achieving goals
- \_\_\_ To learn where my rights end and another's begin
- \_\_\_ To learn forgiveness
- \_\_\_ To learn sharing
- \_\_\_ To develop listening skills
- \_\_\_ To be allowed to hope and to dream
- \_\_\_ To be exposed to controlled experimentation
- \_\_\_ Having room to fail
- \_\_\_ Having room to grow
- \_\_\_ Learning respect for authority
- \_\_\_ An awareness of the spiritual dimensions of life
- \_\_\_ How to be a good friend to others
- \_\_\_ To experience the family as a refuge
- \_\_\_ A good spectrum of exposure to various interests and experiences

**Over the next few months in our family life we purpose to:**

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