

June 15, 2020

Family Goal Setting

Dear SCGSTL School Community:

Setting goals as a family is important. The truth of the matter is, taking the time to set goals as a family is one of the most powerful and effective ways to achieve success, exploit full potential and live meaningful lives. Simply put, our family goals are the desirable outcomes that we carefully decide on, commit to and plan to attain together. Much like a map, our family goals help us navigate through our journey and provide us with a sturdy sense of direction.

When we practice setting goals as a family, it sets the tone for mutual understanding and respect. Not only does collaboratively establishing goals together build morale, it also promotes successful teamwork. Goal setting with each other gives us a clear vision of what our family's needs are. Taking the time to reflect on what is important to one another will lead us to the path that is in everyone's best interest. In doing this, we are better able to use the gifts and talents that we possess, as well as stretch our limits and encourage each other to accomplish great things.

In setting goals with our family, it is vital to not only list our objectives, but also the daily actions required to help us achieve them. Perhaps one of the most successful methods to utilize when setting goals together is referred to as the – "SMART Goal Framework." Representing specific, measurable, achievable, result-focused and timely goals, pursuing this framework ensures that our goals are clear, reachable, personal, possible and positive. In short, following these guidelines will help our family build the confidence needed to keep moving forward and persevere.

The wonderful thing about setting goals as a family is that it is highly motivational. As we set goals together, it creates accountability and motivates us as we celebrate our smaller accomplishments along the way. Because goals are meant to be viewed and reviewed often, it inspires us to stay on track by reminding us of what is significant. Overall, taking the time to set family goals is well worth the investment. When we set goals as a family, we are not only creating a more meaningful family life, but we are also constructing a road map for our family's future.

To further delve into goal setting with your family this week, feel free to take a look at the article provided below:

"The Importance, Benefits and Value of Goal Setting"

<https://positivepsychology.com/benefits-goal-setting/>

Be well and stay safe.

Kindest Regards,
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