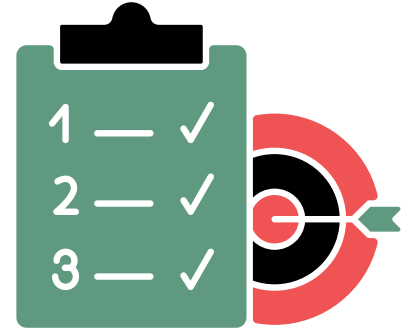


# My Family Goal Worksheet

Let's do this! Write down a goal you have for your family.



Now let's add some detail! Circle the most accurate option.

<b>This goal will help me:</b>	Achieve something	Avoid something
<b>This goal is:</b>	Very difficult	Not difficult at all
<b>To accomplish this goal, I'll need to:</b>	Stretch myself; maybe learn new things.	Just make it happen! I have everything I need.
<b>I'll need this much time:</b>	Short term (a few days or weeks)	Long term (several weeks or a few months)

Time to identify pathways & barriers to accomplishing your goal.

There are many ways to accomplish your goal. Brainstorm a few potential pathways you can take to achieve your goal, along with possible barriers you might encounter.

<b>Pathway 1:</b>     <b>Possible Barriers:</b>	<b>Pathway 2:</b>     <b>Possible Barriers:</b>	<b>Pathway 3:</b>     <b>Possible Barriers:</b>
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Choose the best pathway to your goal. Now list the steps you need to take to get there.

<b>Step 1</b>	<b>Step 2</b>	<b>Step 3</b>
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