

FAMILY PURPOSE VALUES, VISION & GOALS

Powerful questions for helping families identify their Purpose, Values, Vision

1. Happy and successful families are created with intention. They just don't happen.
2. Families that are successful require time, patience and planning.
3. Setting goals allow your family to discuss with each other what your dreams are and help to identify family values.
4. Value is defined as the quality or worth of a thing. Family values are often reinforced by our spiritual or religious beliefs and ideas passed down from generation to generation.
5. Involving family members in decisions gives everyone a voice and allows for an opportunity to work through, clarify and resolve issues.
6. Family goal setting benefits children by allowing them to achieve success by seeing their goal from beginning to end; provides individual focus, direction and purpose; helps them to feel important and listened to; and your children will use the values they learn to develop an inner compass.
7. Benefits to parents who goal set include less pleading and punishing and more cooperation with their children; removes them from an 'us against them' role and places them in the 'all of us together' role; and provides a greater awareness of what is going on in their children's lives.

OUR FAMILY'S PURPOSE:

- Toward what end does our family exist?
- What does our family do for its members?
- What do its members do for the family?
- What contribution does our family make in the world?

OUR FAMILY'S VALUES:

- What are my top five family values?
- What are my spouse's top five family values?
- What are our family's top five family values?
- What are the values I hope my children will carry with them into the future?

OUR FAMILY'S VISION:

- What does our family's success look like in 10...20 years?
- What kind of adult do I want my child to be?
- What kind of parent do I want my child to be?
- How do I want my children to remember me?
- What is my vision for myself as a parent?
- What is my vision for my relationship with my children?
- What is my vision for the example I'd like to set for my children?
- What experiences would I like to provide for my children?
- What are the the skills and abilities I hope my children will have?
- How do I hope my children will approach life and relationships?

FAMILY GOAL SETTING

HOW DO YOU INCLUDE YOUR CHILDREN IN GOAL SETTING?

Include your children in discussions about setting goals for the family. No matter what age, children want to be included in conversations, they want to be heard and they enjoy knowing that what they think or feel will actually be included in decisions about the family. They are more likely to cooperate with whatever limitations are set to achieve the goal.

3-5 year-olds

A three year old can understand the concept of wanting to make plans to do something good. Reading stories is a great way to introduce the concept of setting goals. "A Chair For My Mother", by Vera Williams, is about saving to buy a chair for the mother of their family and the joy that they get when they have finally met their goal. Charts are also helpful so that they can see progress on paper. They can make their own charts and color and put stickers on it as the family moves towards their goal.

Elementary school-aged children

Children are observers of their world. They learn by listening and watching their parents. Tell them that you would like to set some goals for your family and you'd like their help in deciding on the goal.

If you already have a goal in mind they can help plan to achieve it. Share with them an example of something that you are doing personally and how you are trying to achieve it. Ask them if they have a goal for themselves and what are they doing to make that happen (can be at school or at home or in the neighborhood with friends).

Adolescence

Teenagers make decisions, oftentimes impulsively, with emotion and little thought to consequences. This is also a time when they are less interested in family and more interested in their peers. Setting goals in which they participate in making decisions can help them learn the skill of advance planning. It can also help them to feel more connected to family, validated and listened to.

OUR FAMILY'S GOALS:

Use the information discovered to help establish your family goals will the following guidelines:

S **Specific:** Be **specific** with details that make the plan clear.

M **Measurable:** Detail a way to **measure** the positive results of your goal.

A **Attainable:** Make sure your goal is **attainable**. Can you realistically achieve what you set out to do? Do all family members have a role?

R **Rewarding:** What is the **reward** for achieving the goal? What positive outcome will the family see? Is there something fun for the family to do once they achieve the goal?

T **Timely:** Set a **timely** goal; either a short-term goal with a set end date or, if its a long term goal, build in milestones along the way.

WHAT ARE OUR FAMILY'S GOALS?

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