

# Family Goal Planning Activity

Salem Utah Stake

Fill out with your children. Let them do most of the work and have a meaningful discussion together. Use the information from this form for your own family activities and return this form to your primary leaders to help them plan activities for your children.

Child Name: \_\_\_\_\_

Date: \_\_\_\_\_

Ward: \_\_\_\_\_

Age: \_\_\_\_\_

<b>Fun things to explore and learn?</b>	
Spiritual	Social
Physical	Intellectual
<b>Important skills to help in my future?</b>	
Spiritual	Social
Physical	Intellectual
<b>Someone I can serve?</b>	<b>Something I would like to experience?</b>
<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
<b>Skills Ideas</b> <i>(circle those skills that you feel you would like to learn)</i>	
Self-Management	Care for your mental, emotional, and physical health. Manage emotions, personal habits, take responsibility for your behavior and well-being
Relationships and Social	Communication, boundaries, respecting others, social etiquette, friendship, kindness, etc.
Decision Making	Problem solving, seeking counsel and advice, logical analysis, consequences, choice and accountability, etc.
Stress Management	Skills to manage anxiety, depression, pressure, assignments, failure, etc.
Time Management	Skills to organize priorities, expectations, use time wisely, create plans and goals, productivity, etc.
Money Management	Monetary and currency understanding, expense tracking, budgeting, investing, savings, banking, etc.
Home Management	Home maintenance, painting, fixing up, appliance repair, emergency preparation, etc.
Reading & Literacy	Skills to improve reading comprehension, writing, and communication
Technology Management	Skills to manage technology in your life, mobile, web/internet, social media, etc.
Education Learning	Study and memorization skills and problem-solving skills, etc.