

Benefits & Blessings of Goal Setting

1. Goal setting is a basis for marriage and family oneness.

I remember how important it was to me when my spouse and I came to a mutual understanding and agreement concerning _____.

2. Goal setting offers a framework for decision-making.

As I think about the decisions our family will face in the future, I most hope we will discuss _____.

3. Goal setting reminds us of important priorities.

I would like to consistently give more priority to _____.

4. Goal setting provides a sense of accomplishment.

It would feel especially good to accomplish _____.

5. Goal setting is an example and witness to others.

I would like my marriage or family to become a better example in the area of _____.

Sample Goals

Spiritual Goals

- Read Proverbs each month, one chapter a day
- Read through the bible in a year.
- Memorize one Scripture verse per week
- Read the biographies of four Christian leaders
- Listen to teaching tapes on the way to work.

Marriage Goals

- Plan consistent weekly times for talk (Marriage Staff Meetings)
- Participate in a seminar on marriage.
- Express daily praise and appreciation of my spouse.
- Schedule "dates" together, alone, twice monthly.
- Schedule quarterly "Get-Away" times without the kids.

Family Goals

- Begin weekly family nights for fun and conversation.
- Plan together a family summer vacation.
- Eat five meals per week together at home without TV.
- Father take daughter on annual "date".
- Maintain family prayer together at meals.

Household Goals

- Do family meal planning at weekly staff meetings.
- Wallpaper bathrooms and kitchen.
- Select and purchase a new living room lamp.
- Develop a landscape plan for the front yard.
- Develop and agree on a list of household chores.

Career Goals

- Join a professional organization in your field.
- Participate in a "Parent's Day Out" program.
- Attend a time management seminar.
- Apply for a job transfer or a new job.
- Reorganize your home or office work space for efficiency.

Personal/Social Goals

- Read six nonfiction books this year.
- Lose a specific amount of weight.
- Develop three new sets of couple friends
- Exercise fifteen minutes each day.
- Learn to play tennis, golf or racquetball.

Ministry Goals

- Volunteer as a Sunday school teacher
- Spend a week of vacation doing mission work
- Start a once-a-month dinner for neighborhood couples.
- Memorize verses for a gospel presentation.
- Join the church choir, prayer ministry or other program.

Goal Setting in Eight Areas

Where there is no vision, people perish - Proverbs 29:19.

Period covered _____ to _____

Prepared by _____

Goal-setting Areas	What (Objectives)	How (Plan)	When (Schedule)
Spiritual			
Marriage			
Family			
Household			
Financial			
Career			
Personal/Social			
Ministry			