Family Goal Setting Exercise

1. Clarifying Your Family Values

The first step in coming together as a family to work toward a healthy lifestyle, such as eating right and being more active, is to decide what is most worthwhile or valuable to you and your family.

Each person in your family typically has his or her own priorities such as work, health, home, spirituality, education, and so on.

Families can also share priorities such as spending leisure time together, eating dinners together, sharing stories, and so on.

Knowing what is most valuable to you and your family gives you direction in life. You and your family can spend a majority of your time and energy on these values, rather than on things that are less important to you and your family.

When you have to choose between different things, you can look to your priorities to help your family make the best decision for all.

What are your family’s highest priorities?

List your family’s highest priorities.

Take some time and discuss some priorities you and your family member might share, such as eating meals together, spending more time outdoors, or simply talking with each other more.

Answering these questions might help you in identifying these priorities:

What do you enjoy doing most with your family?

What would you like to do more of with your family?

What is the order of your family’s priorities?

Take the answers you wrote down above and order them from the most to the least important to both you and your family member.

1.
2.
3.
4.
5.
6.
7.
2. Setting Family Healthy Lifestyle Goals

Select one of the family priorities you listed. This might be the first priority you listed, but it doesn’t have to be.

What priority would you and your family member like to work on first?

Now let us work on setting goals so that you and your family member can fulfill this priority.

For example, if my family’s top priority is spending more time together, we might list as goals:

- walking together as a family one day a week, for 30 minutes
- eating at least one dinner together each week
- going on a neighbor island trip once a year

What are your family’s specific goals for this priority? Identify three at the most.

1.

2.

3.

3. Sharing Your Priorities and Goals with the Rest of Your Family

Before we meet next time, discuss the priorities and goals you and your family support person identified.

You might need to change or modify your priorities and goals after talking with the rest of your family.

4. Scheduling Family Free Time to Work on Goals

After changing or modifying your priorities and goals, if needed, discuss possible free times over the next month that you and your family can work toward these goals.

You can do this by using the Family Time Calendar. An example of a Family Time Calendar is provided to help you and your family work on planning activities to meet your goals.