

A photograph of a family smiling and laughing. A young girl in the foreground is laughing heartily, showing her teeth. Behind her, a woman and a man are also smiling. The image is overlaid with blue geometric shapes in the corners.

Parenting Goals HANDBOOK

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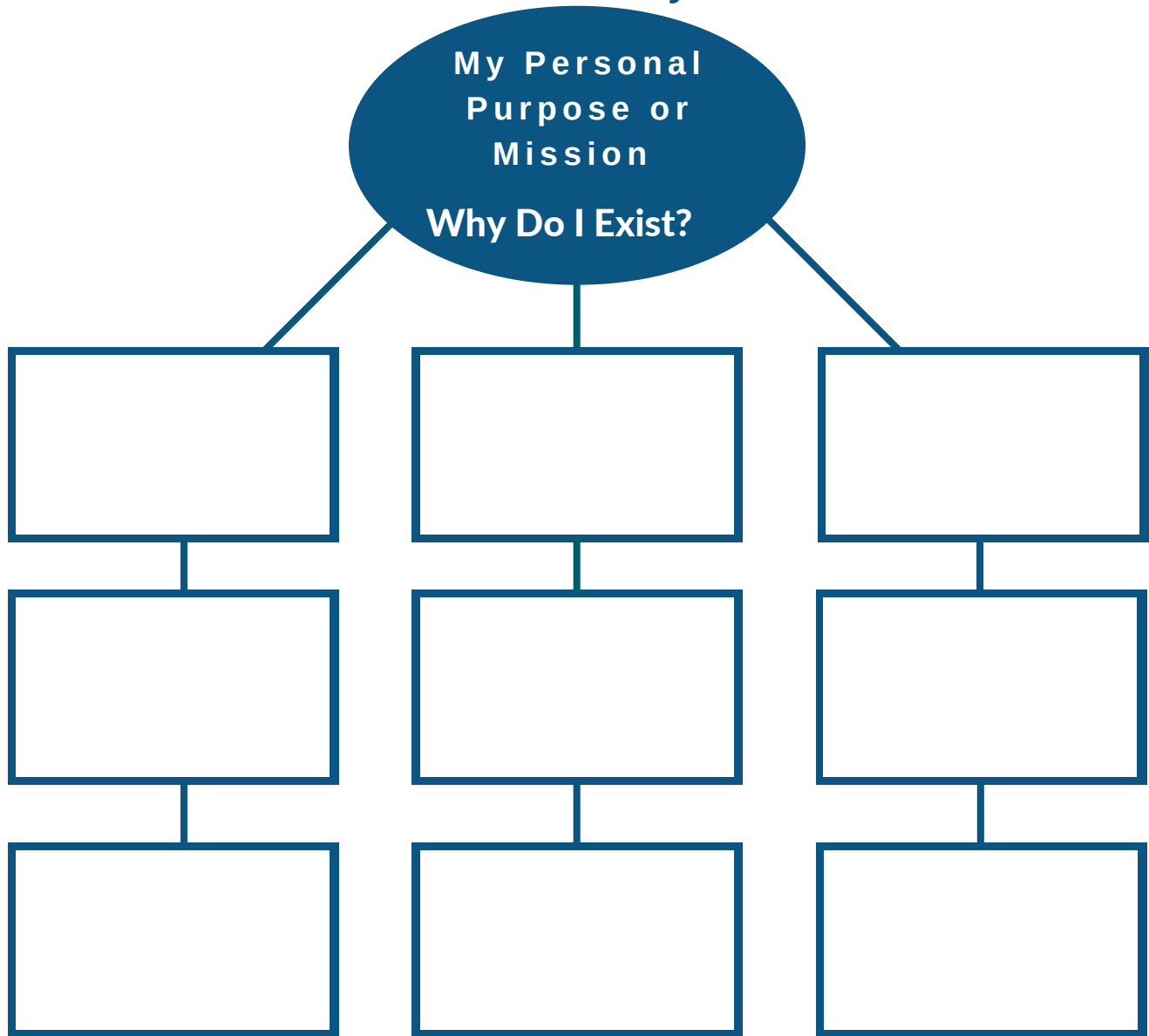


Welcome!

Before we start, jot down your intentions for taking the course and what you hope to achieve.

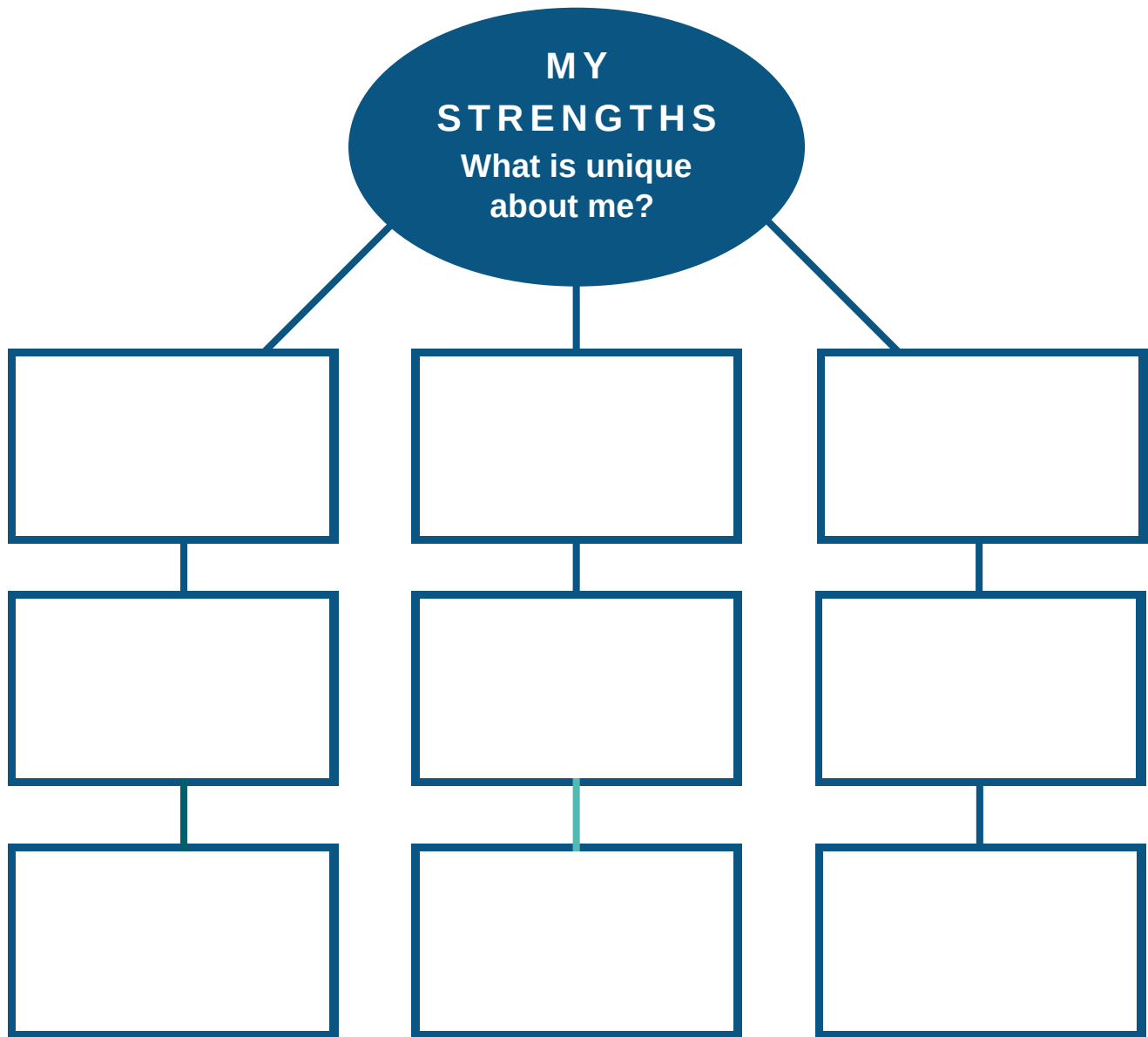
PERSONAL GOALS WORKSHEET

What do I love to do?
What comes easy to me?



SUMMARY

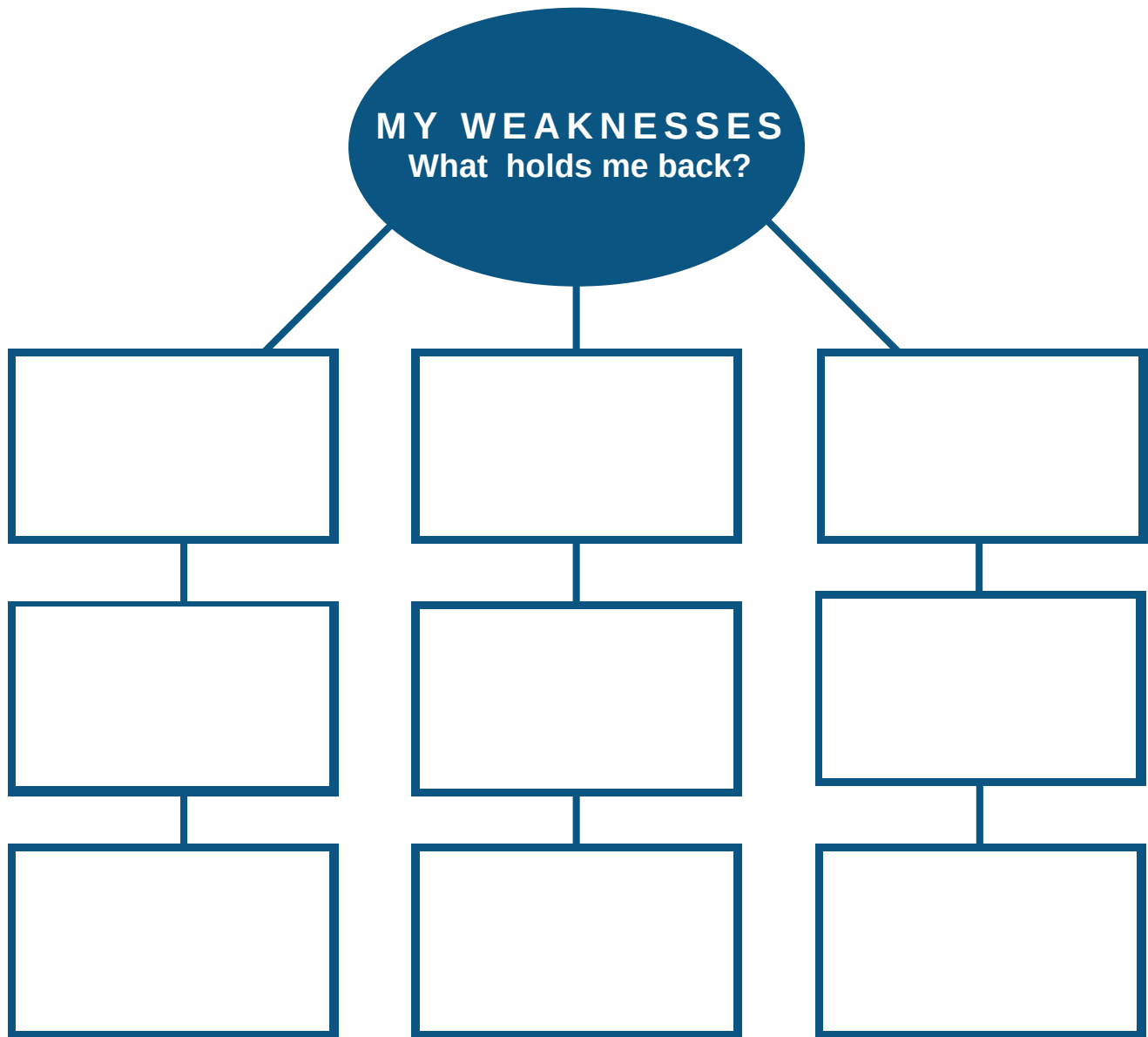
STRENGTHS WORKSHEET



SUMMARY

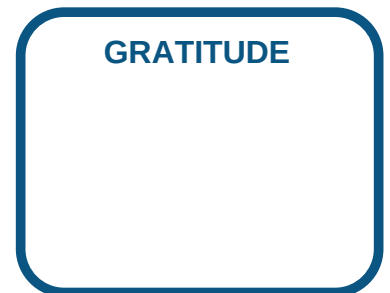
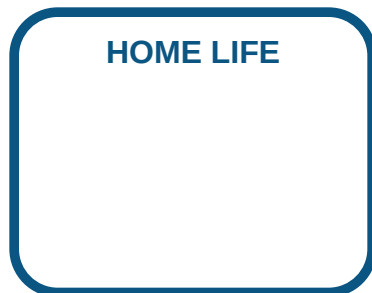
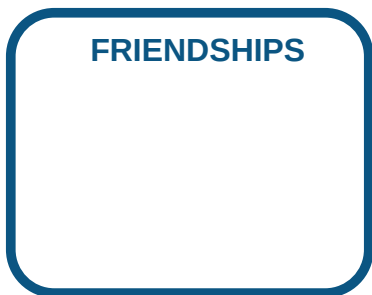
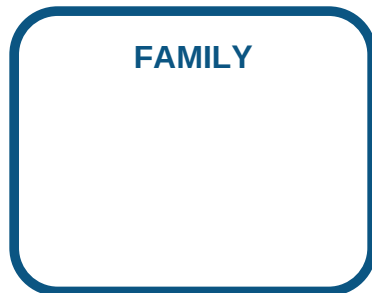
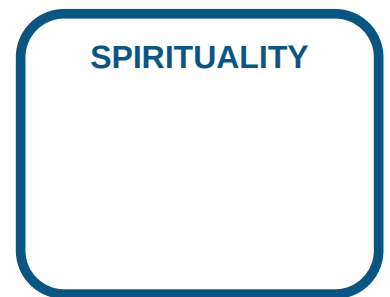
WEAKNESSES WORKSHEET

Don't stress out over this...focus on your strengths!



SUMMARY

PERSONAL GOALS





SETTING GOALS

(Hint: It's Not about Your Kids being Happy!)



YOUR PARENTING GOALS

Now envision your next year. What do you want your home to look like? For each of the boxes below think about your goals and how you envision each of the aspects listed. What do you want your family's schedule to look like this coming year? Notice if there are words or mantras that jump out at you for this next year.

MORNINGS

AFTER SCHOOL

HOMEWORK TIME

DINNER

BEDTIME

LEISURE



YOUR PARENTING GOALS

Now envision your next year. What do you want your home to look like? For each of the boxes below think about your goals and how you envision each of the aspects listed. What do you want your family's schedule to look like this coming year? Notice if there are words or mantras that jump out at you for this next year.

SCHOOLING

FAMILY TRADITIONS

MINDSET
(OVERALL FEEL OF THE HOME)

CHORES

COMMUNITY

VOLUNTEER WORK

YOUR FAMILY'S VALUES

What qualities and character traits do you want to instill in your children?
Think: What kind of adults do we want our children to be?
Adapted from www.viacharacter.org

KINDESS/COMPASSION

HELPFULNESS

RESPONSIBILITY TO FAMILY
& SOCIETY

CONFIDENCE

INDEPENDENCE

POSITIVITY

YOUR FAMILY'S VALUES

What qualities and character traits do you want to instill in your children?
Think: What kind of adults do we want our children to be?
Adapted from www.viacharacter.org

SPIRITUALITY

CALM

HONESTY

HUMILITY

SELF CONTROL

HUMOR

YOUR FAMILY'S VALUES

What qualities and character traits do you want to instill in your children?
Think: What kind of adults do we want our children to be?
Adapted from www.viacharacter.org

CREATIVITY

CURIOSITY

PERSEVERANCE &
HARD WORK

TEAM PLAYER

GRATITUDE

LOVE OF LEARNING

YOUR FAMILY'S VALUES

What qualities and character traits do you want to instill in your children?
Think: What kind of adults do we want our children to be?
Adapted from www.viacharacter.org

GOAL SETTING



What do you do right?

Take some time and reflect. What do you like about the way you run your family? Where are you getting it right?

MISSION STATEMENT



Look over your goals, the values you want to instill in your children and what you are already doing right at home (those are your family's strengths and its best to work from your strengths.) Create a mission statement for your family:



Seek new ADVENTURES

Choose HAPPINESS

LOVE each other, always

Be CURIOUS & LEARN

ATTITUDE is everything

Be RESPECTFUL

Act with KINDNESS

Nurture FRIENDSHIPS

<https://chadbockius.com/2017/08/22/4-steps-to-a-family-mission-statement/>

