

## Key 5 Activity:

# Family Goal Weekend

Goals come in all shapes and sizes. Some are very big and take years to accomplish; others are small and can be reached right away. While some goals may only have a few steps that need to be accomplished, others will require many.

As a family, you will embark on achieving small goals as well as setting and achieving a larger goal. First, pick an ultimate reward you would like to work towards such as: going to a movie, going out for ice cream, or going on a mini vacation. Next, pick a weekend, or other similar amount of time, in which you and your family can set and achieve a number of goals in order to receive the ultimate reward. The smaller goals can include a variety of activities from fun games to chores around the house. Within this activity are ideas that your family can use during your Family Goal Weekend. It is important to make sure specific goals are set out before beginning.

### STEP 1: As a family, pick an ultimate goal

Our ultimate goal is....

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### STEP 2: Pick a weekend

The date of our family goal weekend is...

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### Step 3: Decide on the activities

Following is a list of suggested short-term goals that you can accomplish as a family. It is suggested that the family select between 5-8 mini goals to achieve over the next two days. Feel free to come up with your own goals and write them on the lines below. Do a blend of “fun” activities, such as a paper airplane contest as well as more “chore” like activities, like cleaning the garage. To help keep organized, use the check off boxes for the activities you decide to use.

**Example activities/mini goals:**

- Everyone must clean his or her room (including mom and dad)
- Rent/watch movie together
- Everyone contributes to making family dinner
- Participate in paper airplane contest
- Clean the garage
- Play a game together (includes sports)
- Watermelon seed spitting contest
- Complete family scavenger hunt

• Break up into teams, work together as a family, or compete individually. The goal is to find items in and around the house that begin with each letter of the alphabet. The team/individual that gets all 26/the most items wins! It might be useful to place a time limit on this activity.

- Everyone picks up/puts away 5 things around the house
- Wash the car
- Take family walk/bike ride
- Look at family photo album together
- Read a book aloud

Fill in the lines below with activities specific to your family

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Activity extension:*

As a family, pick a charity that you would like to support. Set a realistic goal of how much money, time, or items you would like to donate. Have your family find ways to accomplish your goal. For example, set up a lemonade stand in your neighborhood. Visually track your family's progress as you raise money to show how close you are to reaching your family's goal.



## Step 4: Fill in a goal journal and get started

Use the goal journal provided on the next page to keep track of your family goals and achievements. Below is an example.

Date	Action	By When	Result
6/7/11	Clean the garage	2 pm saturday	Family didn't complain too much and now we have an organized garage 😊
6/8/11	Look at family photos	Sunday after dinner	We had a good time reminiscing about old vacations and laughing at silly family pictures



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*Seven Keys  
To Success™*

# GO FOR IT!

## Family Weekend Goal Journal

Our ultimate family goal:

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Date	Action	By When	Result