

## Strengthening Families Action Plan



After completing the **Family Profile II**, you may have identified opportunities for growth in your family. Now you can develop an action plan. There are two steps to making an action plan:

- Setting goals.
- Setting strategies to achieve the goals.

### *Setting Goals:*

1. **Write down you goals.** Many of us daydream about what we would like to accomplish, but not enough of us pick up a pen and actually commit our dreams to paper. Once you do, the dream becomes more concrete. Writing down your goals is the first step on the road to achieving them.
2. **Make goals SMART:** Specific, Measurable, Agreed, Realistic, and Time Constrained.
3. **Visualize your goals.** Picture yourself reaching your goal. Picture the result the moment you achieve your goal.
4. **Set achievable goals.** Goals need to challenge your skills and abilities, without discouraging your effort. As success and confidence grows, you may then decide to reach for higher goals.

### *Strategies to achieve goals:*

1. **Set realistic deadlines.** Goals need a schedule. You are more likely to take action when you set a realistic timeframe for accomplishing your goals. Schedule enough time to reach your goal, but not so much time that you lose interest in it.
2. **Break down goals into manageable steps.** Sometimes a goal can seem overwhelming because of its size or scope. But if it is divided into smaller components, it becomes easier to manage.
3. **Analyze your goals for potential problems.** As you establish a goal, consider the steps you must take to accomplish it and what might come up to prevent you from reaching it. If you consider what could go wrong early on, then you can take action to resolve or minimize problems before they occur.
4. **Eliminate or minimize potential problems.** Identify the action required to remove the cause of a problem or try to minimize a problem's consequences.
5. **Review your progress regularly.** A periodic review of your goals will help ensure that they continue to be realistic, timely, and relevant.
6. **Establish goals that will be rewarding.** We stay motivated to work toward our goals when we know the rewards. Identify at least one meaningful reward for each goal. The goals you set will provide direction for your life and your family: they focus your activities.

Use the following worksheet as a tool for developing your **Strengthening Families Action Plan**.

Strengthening Families Worksheet

Time Period from \_\_\_\_\_ To \_\_\_\_\_

**Goal # 1:** \_\_\_\_\_

Steps	Deadline	Measure of Achievement
a. _____ _____	a. _____ _____	a. _____ _____
b. _____ _____	b. _____ _____	b. _____ _____
c. _____ _____	c. _____ _____	c. _____ _____

Progress Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Goal # 2.** \_\_\_\_\_

Steps	Deadline	Measure of Achievement
a. _____ _____	a. _____ _____	a. _____ _____
b. _____ _____	b. _____ _____	b. _____ _____
c. _____ _____	c. _____ _____	c. _____ _____

Progress Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Goal # 3.** \_\_\_\_\_

etc.