

ON A SCALE OF 1-10, THIS GOAL IS ... TO ME

1 2 3 4 5 6 7 8 9 10

NOT REALLY
IMPORTANT



EXTREMELY
IMPORTANT!!

FACILITATING FAMILY GOAL CONVERSATIONS



1. Creating a Goal

- Tell me about...
- What would you like for your family?
- What is something you have dreamed of?
- How would you like things to be different?
- How would your life be different if (possible change)?

2. Taking Action

- What would success look like?
- What worries you most about (possible change)?
- What helps you stay focused?
- What steps can you take to help accomplish your goal?



3. Following Up

- What has gone well?
- How did it feel to accomplish a step?
- What step has been more challenging?
- What would you like to do differently?
- What makes it tough to fit (behavior) in your current daily routine?
- How does this goal still work with your priorities?
- On a scale of 1-10, how important is this goal still to you?
- What needs to be adjusted, or changed?



4. Celebration!!!!

- How did it feel to accomplish this goal?
- How did you celebrate?
- How did you overcome any challenges?
- Was there anything you shifted or changed?
- What did you learn that you can take with apply to your next goal?

