



FAMILY GOALS

25 fun & simple ideas

HEALTH & SELF-CARE

- ★ Do a weekly family walk/hike
- ★ Plant a garden
- ★ Plan family fun days to play and relax together
- ★ Drink eight glasses of water daily
- ★ Set a schedule for computer, phones, and video games
- ★ Have device-free dinners together

RELATIONSHIPS

- ★ Write letters to family members who live far
- ★ Try a new family recipe each month
- ★ Start a new family tradition
- ★ Have a monthly family meeting
- ★ Plan and host a family reunion
- ★ Create a family manifesto
- ★ Take a family portrait to hang on the wall

GROWTH

- ★ Set weekly Growth Mindset time
- ★ Create a book nook
- ★ Take a class together (e.g., cooking, wood carving)
- ★ Learn a new skill (e.g., origami, juggling, drawing)
- ★ Create a family vision board
- ★ Schedule regular library visits

ADVENTURE

- ★ Try one new thing each month
- ★ Take a nature survival or wilderness course together
- ★ Do horseback riding
- ★ Visit a new playground monthly
- ★ Create an obstacle course in the backyard
- ★ Create a Treasure Hunt