

## Family-Related Goals

Fatherhood Goals- my example	Fatherhood Goals- your turn
<p><u>6 month goals</u></p> <ul style="list-style-type: none"> <li>• Build one additional hour per week of unstructured fun time for me and Nick</li> <li>• Improve Nick’s skills and confidence in time for next baseball season</li> <li>• See three Rockland Boulders (our local minor-league team) baseball games together</li> </ul>	<p><u>6 month goals</u></p>
<p><u>3-Week “To-Dos”</u></p> <ul style="list-style-type: none"> <li>• Spend ½ hour twice a week with Nick to doing a few songs from <i>Wii Just Dance</i> together</li> <li>• Pick up book 5 in “The Warriors” series from the library</li> <li>• Investigate the upcoming Boulders schedule and, if possible, but some tickets now</li> <li>• Have a catch and/or take Nick to the indoor batting cage every Saturday</li> </ul>	<p><u>3-Week “To-Dos”</u></p>
<p><u>1 Thing to Stop Doing</u></p> <p>Checking out the fitness app on my phone when I’m spending time with Nick</p>	<p><u>1 Thing to Stop Doing</u></p>

Relationship goals- my example	Relationship goals- your turn
<p><u>6 month goals</u></p> <ul style="list-style-type: none"> <li>• See one movie a month together</li> <li>• On Fridays in which I don't have to be at the office, steal two hours for a quick lunch date</li> <li>• Arrange for a couples night with a few of our local friends</li> </ul>	<p><u>6 month goals</u></p>
<p><u>3-Week "To-Dos"</u></p> <ul style="list-style-type: none"> <li>• Be more efficient working during the day so I have more time to spend with Amy in the evening</li> <li>• Shave more often so Amy will enjoy kissing me more</li> </ul>	<p><u>3-Week "To-Dos"</u></p>
<p><u>1 Thing to Stop Doing</u></p> <p>Stop "screen-sucking" at night by checking out the latest on ESPN and sports blogs</p>	<p><u>1 Thing to Stop Doing</u></p>

<b>Friendship/Social goals</b>	<b>Extended Family goals</b>
<u>6 month goals</u>	<u>6 month goals</u>
<u>3-Week "To-Dos"</u>	<u>3-Week "To-Dos"</u>
<u>1 Thing to Stop Doing</u>	<u>1 Thing to Stop Doing</u>

<b>Health/Exercise goals</b>	<b>Religious/Spiritual goals</b>
<u>6 month goals</u>	<u>6 month goals</u>
<u>3-Week "To-Dos"</u>	<u>3-Week "To-Dos"</u>
<u>1 Thing to Stop Doing</u>	<u>1 Thing to Stop Doing</u>

**Hobbies/interests/relaxation/renewal goals**

6 month goals

3-Week "To-Dos"

1 Thing to Stop Doing

**Work-Related Goals**

<b>Performance goals</b>	<b>Development/Advancement goals</b>
<u>6 month goals</u>	<u>6 month goals</u>
<u>3-Week "To-Dos"</u>	<u>3-Week "To-Dos"</u>
<u>1 Thing to Stop Doing</u>	<u>1 Thing to Stop Doing</u>

<b>Networking goals</b>	<b>Flexibility goals</b>
<u>6 month goals</u>	<u>6 month goals</u>
<u>3-Week "To-Dos"</u>	<u>3-Week "To-Dos"</u>
<u>1 Thing to Stop Doing</u>	<u>1 Thing to Stop Doing</u>

**Financial goals**

6 month goals

3-Week "To-Dos"

1 Thing to Stop Doing