



FOUNDATIONS

FAMILY THERAPY

2020 REFLECTION

WHAT WORKED WELL THIS YEAR?

Create a list of things in your life that went well this year.
Ex: meal planning, work schedule, childcare, family time

2021 GOALS

WHAT DO I HOPE TO DO IN 2021?

Create a list of things that you would like to be different or see improved.
Ex: meal planning, work schedule, childcare, family time

GOAL 1

Choose 1 goal you hope to achieve in 2021 and write it below

GOAL 1:

Target date:

I will know I have reached my goal when:

ACTION STEPS: HOW WILL YOU ACHIEVE THIS? BREAK THIS UP INTO MUCH SMALLER GOALS AND SET TIME LIMITS

POTENTIAL OBSTACLE

SOLUTION

GOAL 2

Choose 1 goal you hope to achieve in 2021 and write it below

GOAL 2:

Target date:

I will know I have reached my goal when:

ACTION STEPS: HOW WILL YOU ACHIEVE THIS? BREAK THIS UP INTO MUCH SMALLER GOALS AND SET TIME LIMITS

POTENTIAL OBSTACLE

SOLUTION

GOAL 3

Choose 1 goal you hope to achieve in 2021 and write it below

GOAL 3:

Target date:

I will know I have reached my goal when:

ACTION STEPS: HOW WILL YOU ACHIEVE THIS? BREAK THIS UP INTO MUCH SMALLER GOALS AND SET TIME LIMITS

POTENTIAL OBSTACLE

SOLUTION