

This worksheet is designed to help you set small, realistic goals for yourself and your family using the SMART Goals method. **By focusing on specific, achievable steps, you can relieve the pressure of perfectionism and shift your mindset to progress over perfection.** The SMART approach will help you break down your goals into clear, actionable steps, making it easier to stay on track and celebrate your progress along the way.

S

Specific

What is your goal? Avoid vague goal like "I want to spend more time with my kids," narrow it down to something tangible and actionable.

Example page: I want to spend 30 minutes of focused, uninterrupted playtime with my child every day after dinner, without distractions like my phone or household chores. I will choose an activity that we can all enjoy, like playing a board game, doing a puzzle, or simply talking about their day.

M

Measurable

How will you measure your progress? Determine how you will track your progress and know when you have achieved your goal.

"I will keep a log of our daily playtime sessions, noting down the activities we did and how long we spent together. I will aim to spend at least 30 minutes of uninterrupted time with them five days a week. My measure of success will be when I've consistently reached this goal for four weeks.

A

Achievable

Is your goal achievable? Consider what might make this goal difficult and plan how you can overcome those challenges.

I will prepare for playtime by planning simple activities ahead of time, like picking out a game or laying out craft supplies. I will also communicate with my partner and involve them in household responsibilities during this time so I'm not distracted. If unexpected events arise, like work running late or family obligations, I'll be flexible and adjust the timing to make it work, but I'll ensure the playtime happens on another day within the week."

R

Relevant

Does this goal align with your broader values? Ensure that your goal is connected to the kind of relationship you want to foster with your children.

I believe that bonding during playtime helps my child feel loved, understood, and emotionally supported. This goal is relevant because I've noticed that lately, our time together has felt rushed due to work and household duties, and I want to change that by prioritizing consistent, meaningful interactions.

T

Time-Bound

What is your deadline for achieving this goal? Set a specific date by which you plan to achieve your goal.

I will commit to this goal of 30 minutes of uninterrupted playtime for the next 4 weeks, starting today. At the end of each week, I'll reflect on how it went and note any adjustments needed to improve the experience. After the 4 weeks, I will reassess whether this routine has helped me build stronger connections with my children.



SMART Goals

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Be Flexible

If you're struggling to reach a goal, don't be afraid to adjust it. It's okay to change the timeline, make the goal smaller, or alter the steps as needed.

Celebrate Milestones

Reward yourself for every step or milestone you reach, no matter how small. This could be as simple as taking a break, enjoying a favorite treat, or planning a fun activity.

Give Yourself Enough Time

Make sure you have enough time to achieve your goals without feeling overwhelmed. It's better to allow extra time and feel accomplished than to set an unrealistic deadline and feel discouraged.

Stay Patient & Be Kind to Yourself

Progress may be slow, and setbacks can happen. Remind yourself that change takes time, and be kind to yourself if things don't go perfectly.

What obstacles have I encountered, and how have I handled them?

What progress have I made so far? What am I proud of?

What support or resources might help me continue making progress?

