



# FAMILY GOAL SETTING

Goal setting builds emotional intelligence by improving self-management. Research shows that positive well-being is associated with people who make progress towards their goals. In 2020, the U.S. Army published a new framework under the Holistic Health and Fitness System to increase soldier and unit readiness and abilities. The five categories include physical, mental, spiritual, nutritional, and sleep readiness. Your family may wish to set goals using these five categories or create your own. Other categories may be family, relational, social health, logistical, financial, career, or intellectual. You can also help your child set their own personal goals. Below are some helpful tips and guidelines for goal setting:



**S** Specific

**Make your goal specific.**

**M** Measurable

**Make a goal you can track.**

**A** Achievable

**Set a realistic goal within a time frame.**

**R** Relevant

**Select a goal consistent with your priorities and values.**

**T** Time-based

**Include when you want to accomplish your goals.**





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