

Family Strengths and Goal Planning Form

Family Vision for the Future: _____

SMART Goal: _____

- Specific
 Measurable
 Attainable
 Relevant
 Time-Bound

Bridge Pillar/Focus Area* (Check One)			
*HS/EHS: Focus Areas are numbered to correspond with <i>Family Connections</i> and <i>Family Contact Log</i>			
<input type="checkbox"/> (1) Family Stability - Housing	<input type="checkbox"/> (3) Well Being - Health & Mental Health	<input type="checkbox"/> (5) Financial - Debt	<input type="checkbox"/> (7) Education & Training
<input type="checkbox"/> (2) Family Stability - Family & Dependents	<input type="checkbox"/> (4) Well Being - Personal & Professional Networks	<input type="checkbox"/> (6) Financial - Savings	<input type="checkbox"/> (8) Employment & Career Management

New or Revised Goal? New Revised

Next Steps (help the family brainstorm and then choose steps to take)	By when?	Family strengths and resources	Barriers or concerns	Parent Motivation	Date completed
If goal targeted date is extended, new target completion date:					

Parent/Guardian Name: _____ Signature: _____ Date: _____

Family Support Staff: _____ Signature: _____ Date: _____

Next meeting time, date, and place: _____ Best time to contact family: _____

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Notes: _____

Please complete below when goal is completed, revised or discontinued.

<input type="checkbox"/> Goal was achieved by original target date: Date Achieved: _____	Reason for goal revision or discontinuation:
<input type="checkbox"/> Goal was achieved by extended target date: Date Achieved: _____	
<input type="checkbox"/> Goal was terminated. Date Discontinued: _____	
<input type="checkbox"/> Goal was revised. Created a revised goal worksheet	



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OPTIONAL BRAINSTORMING WORKSHEET

Brainstorm a list of Action Steps that you would need to take to achieve your goal. To start, don't worry about the order you write them. Once you have completed the full list, go back and number them in order.

What challenges could keep you from achieving your goal? What strategies could you use to overcome them and what resources can help you?

CHALLENGES

STRATEGIES/RESOURCES

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On a scale from 1-10, how CONFIDENT are you in being able to achieve this goal?

