

GOAL EXPLORATION

Knowing Your Strengths

You have a wealth of strengths and qualities. Knowing your strengths can help elicit inspiration for setting your goals to making you the best grandparent possible,, making it more likely for you to succeed in achieving your goals, while also attending to the needs of your grandchildren.

Circle your strengths from the choices below, or add your own!

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|--------------|------------|-------------|---------------|
| Wisdom | Leadership | Love | Fairness |
| Self-Control | Creativity | Patience | Spirituality |
| Enthusiasm | Bravery | Athleticism | Assertiveness |
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Understanding SMART Goals

Meaningful goals can give direction to your life, highlight your most important values, and give you a sense of purpose. Goals should be SMART!

Specific: What do you want to achieve?

Measurable :How will you know that you have achieved your goal? What will others noticed you are doing differently?

Achievable: Ensure that your goals are practical. It may be wise to consider setting smaller goals on your way to a larger goal.

Realistic & Resourced: What resources will you use to achieve your goal? How can you access these resources?

Time Limited: Set a time limit to achieve your goal. Consider smaller time limits for smaller steps or goals.

Exploring & Creating Your Goals

Create a SMART goal for each of these categories:

Friendship:

Family:

Physical:

Leisure:

Personality:

Other: