**Making Goals for a Family**

Make sure goals are SMART for ­your family: specific, measurable, attainable, relevant, time-bound

Make goals in the following areas:

* Human development (virtues, being on time, organization, health, sleep, fasting, etc.)
* Spiritual development (prayer, Bible, sacraments)
* Intellectual development (learning about Jesus, the faith, defending the faith, Bible studies)
* Apostolic development (service projects, outreach to others, almsgiving, teaching others the faith)

Example goals for a family:

* Human: we will make sure we get up on time everyday except Sundays we can sleep in
* Spiritual: we will go to Confession as a family once every month
* Intellectual: we will read a verse from the Bible everyday before we say Grace before meals
* Apostolic: we will invite one friend or family member to Mass or confession once a month
* Human: we will not eat sweets except on weekends and offer it up for an end to abortion
* Spiritual: we will pray the Divine Mercy Chaplet everyday as a family on the way to school
* Intellectual: we will read a chapter or story from the Bible every night
* Apostolic: we will make cookies for the neighbors and deliver them as a service project on the first Sunday of the month

* Human: we will grow in virtue by not cussing or using God’s name in vain
* Spiritual: we will go to Mass every Sunday as a family
* Intellectual: we will ask a question once a week to the priest or DRE about our faith
* Apostolic: we will sacrifice together to give $10 a week to the Church