

## SETTING GOALS WITH YOUR KIDS

We believe it is important to start the year off spending time in prayer asking the Lord what He has for us this coming year. An even better idea is to do it **with** your kids. We encourage you to find a time in the month of January that you can sit down and pray about individual goals for each member of your family. We have come up with 4 different areas of growth: spiritual, educational, emotional and physical. Come up with 1-3 goals in each area that your child can focus on for the year. Start the conversation with prayer asking the Lord to reveal different areas to you. Let your child lead the conversation. They will be more willing to work on each goal if it was their idea. Don't print the whole packet!

**You only need to print 1 page for each child in the color of their choice.**

### SPIRITUAL:

For Spiritual goals we focus on a Bible reading plan, praying and/or journaling, and one aspect of God that they want to learn more about.

### EDUCATIONAL:

For Educational goals we focus on something they want to get better at or learn more about. We also talk about what hobby or activity they would want to start, learn more about or improve their skills in.

### EMOTIONAL

For Emotional, we focus on an area they struggle in. This has so many possibilities from an inner struggle like anxiety to an outer struggle like saying kind words. We try really hard to let them come up with the area they need to work on rather than criticizing them for something. However, sometimes you have to help them think of an idea. If this is the case then kindly suggest some possibilities.

### PHYSICAL:

For Physical we focus on their body. What sport do they want to get better at? Do they want to work on getting healthier or stronger? It can also be focused on a specific physical activity. Do they want to improve their bike riding skills, cartwheels, shooting hoops, etc?

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# GOALS FOR 2022

## SPIRITUAL:

## EDUCATIONAL:

## EMOTIONAL

## PHYSICAL:

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