

37 INCREDIBLY EASY FAMILY GOALS

DAILY

1. Wake Up Earlier
2. Be On Time
3. Get Outside
4. Pack Healthy Lunches
5. Pray/Meditate
6. Eat Dinner Together
7. Eat Breakfast Together
8. Carpool
9. Set Clothes Out Nightly
10. Follow Family Rules
11. Reading Nightly *Young Kids
12. Set A Time to Unplug

MONTHLY

23. Keep Monthly Family Calender
24. Monthly Family Meeting
25. Volunteer Together
26. Set A Monthly Budget For Family Fun
27. Try A New Recipe Each Month
28. Save For A Family Outing (Movies. Dinner. Bowling)

WEEKLY

13. Family Game Night
14. Weekly Family Dinner Plan
15. Weekly Family Walk/Hike
16. Stick To Weekly Chore Plan
17. Have Kids Help With Weekly Shopping
18. Use Reusable Shopping Bags
19. Cook Homemade Dinners Together
20. Family Yardwork
21. Assign Family Jobs Weekly
22. Visit The Library

YEARLY

29. Plan A Vacation As A Family
30. Go On A Family Road Trip
31. Annual Family Olympics
32. Start A New Tradition
33. Donate Old Toys/Clothes
34. Make A Family Goal List
35. Discuss Individual Goals
36. Learn A New Skill As A Family
37. Plan and Host A Family Reunion