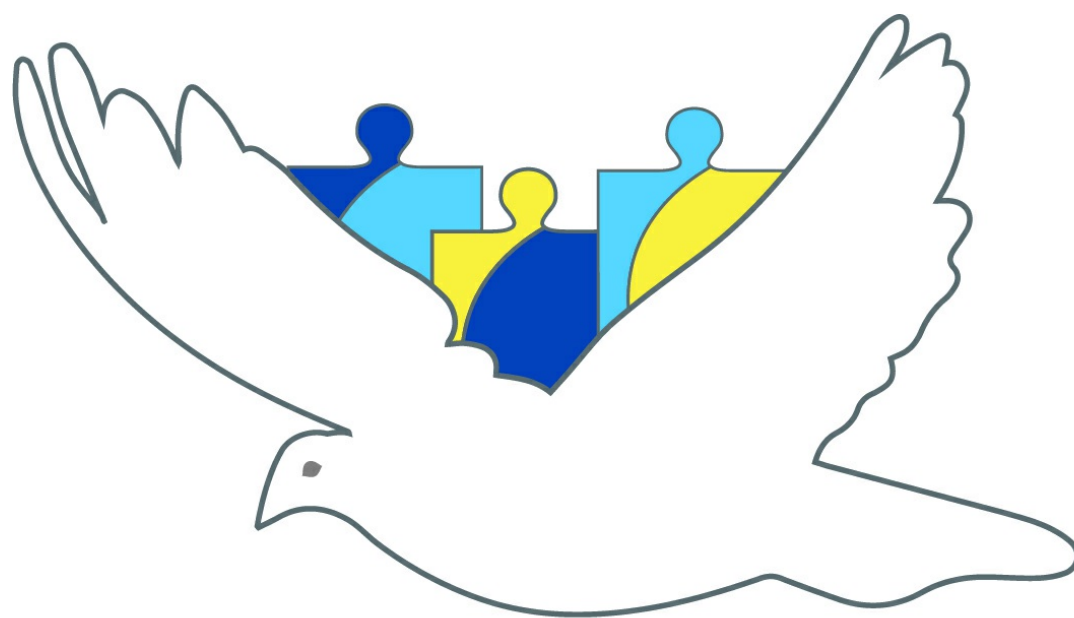

Focused Goals

—
Guide For Parents
2018



SANFORD AUTISM
CONSULTING

Tips for Creating FOCUSED Goals

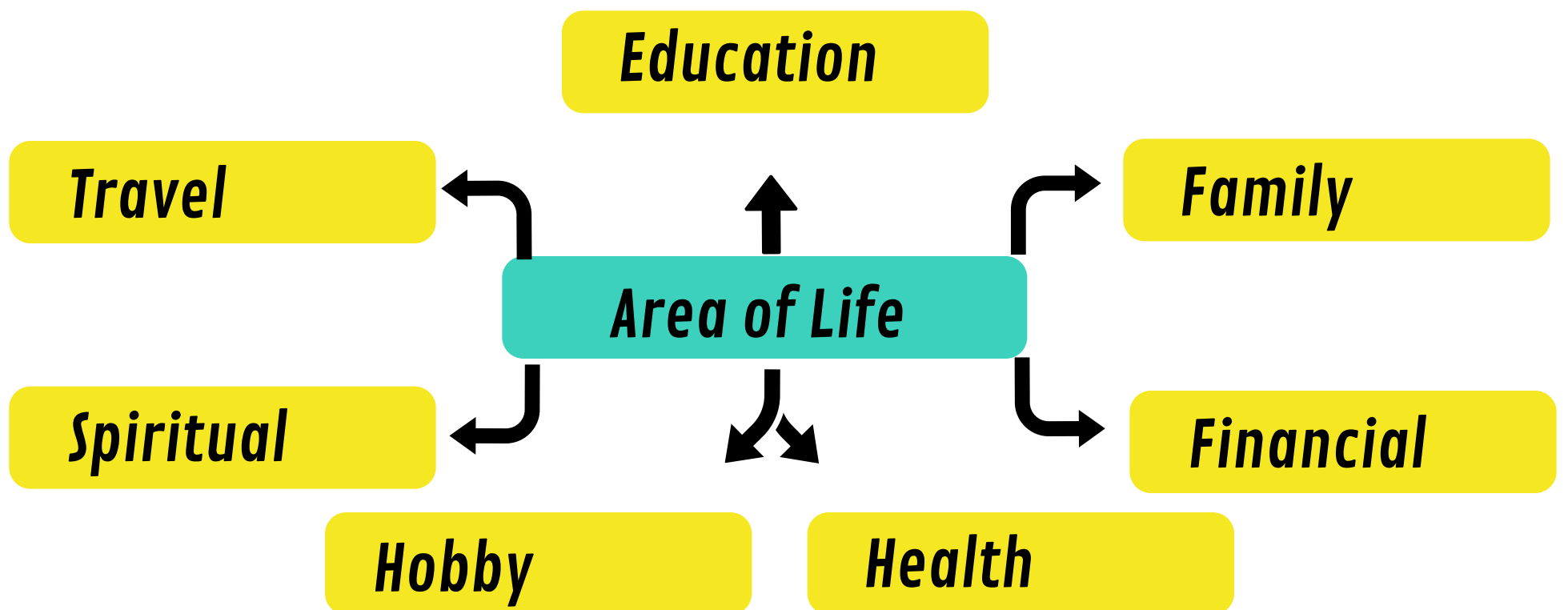
Written goals are more likely to be achieved;
“Goals that are not written down are wishes.”

~ Author Unknown

SMART Goals



S = Specific
M = Measurable
A = Achievable
R = Relevant
T = Time-based



- Create a visual support (poster, screensaver, etc.) that will inspire and focus you as you reach your goals.
- Post your goals in a place that you will see them daily to help with accountability.
- Give yourself grace as you grow towards your goals...

Consider the daily practices of those with success:

- Reading
- Journaling
- Meditation
- Nature
- Laughter



2018 Goals

My Power Word: _____

Health

Empty box for writing goals related to Health.

Family

Empty box for writing goals related to Family.

Financial

Empty box for writing goals related to Financial.

Education

Empty box for writing goals related to Education.

Spiritual

Empty box for writing goals related to Spiritual.

Hobbies

Empty box for writing goals related to Hobbies.

Travel

Empty box for writing goals related to Travel.

Empty box for writing goals.

Example Goals

My Power Word: Connection

Health

To improve our overall health, our family will walk for 15 minutes in our neighborhood, after dinner M-TH. We will monitor our progress at the end of each month.

Family

Our family will engage in 30- minutes of non-screen time at least twice weekly (dinner conversation, playing board games, etc.) to help increase family bonding.

Financial

We will save 10% of our income and put it in a Money Market Savings account the first 6 months of this year.

Education

Our family will attend one Autism support class one to two times per month.

Spiritual

Our family will attend church together at least 3 out of 4 Sundays per month and sign up for one weekly home group or bible study.

Hobbies

Each family member will pick a hobby or sport to pursue individually or as a family so that we can grow our interests and community of friends.

Travel

Our family will use some of the savings that we built up for a family trip to Disneyland during the summer.

Empty goal box for additional goals.

Example

My Power Word: Connection

I will focus on the following goal...

We will save 10% of our income and put it in a Money Market Savings account the first 6 months of this year.

7 Steps to Reach this Goal

Completed

Ask friends and family for recommendations for a financial planner.

Call for an appointment and meet with him/her.

Research and decide as a family the right choice for our investments.

Adapt monthly budget to allow for investment money.

At month 3, evaluate the investment amount and consider saving more.

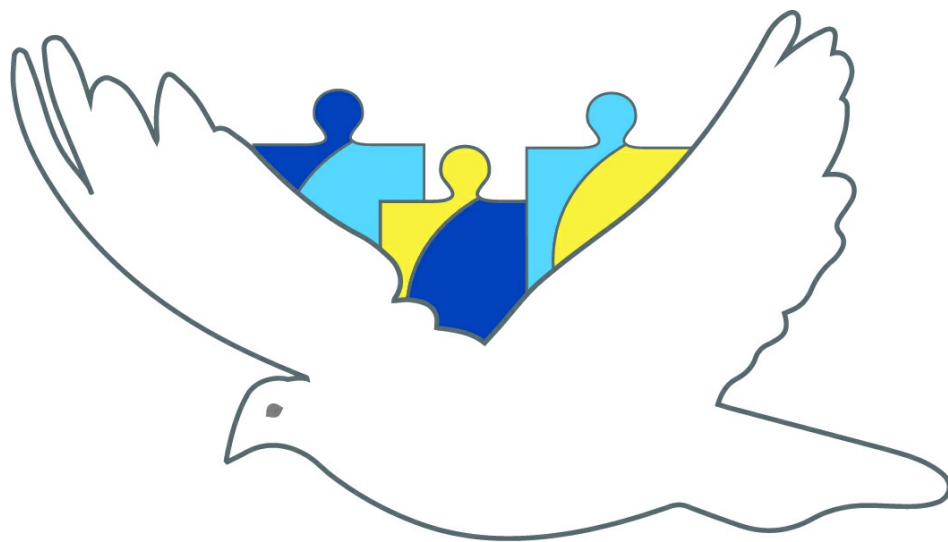
Month 4, make a plan for vacation, family outing, etc.

At the end of month 6, reevaluate to continue savings and repeat.

Resources

For more information:

- Sanford Autism Consulting: sdautismhelp.com
- Family Greenhouse (Consulting & Coaching): familygreenhouse.org
- Success Television (Motivational Videos & Training): successtelevision.com
- Kid President YouTube Videos: "Pep Talk"
- Brian Tracy (Motivational Speaker): Briantracy.com
- 9 Things Successful People Do Differently (Article): hbr.org
- 5 Things Super Successful People Do Before 8 am (Article): forbes.com



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