



SETTING GOALS FOR FAMILY CONNECTION



Building Stronger Connections



Creating positive family goals can help you strengthen your relationship with your teen, especially during challenging times. This worksheet will guide you in setting practical, meaningful goals to build trust and connection.

Noticing Changes in Your Teen's Behavior

Think about how you'd like your relationship with your teen to grow. Circle the goals that feel important or add your own:

- Spend more quality time together
 - Improve open communication
 - Offer support without judgment
 - Be more understanding of each other's needs
 - Create positive family traditions
 - Other:
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Spotting Possible Stressors

2. Steps to Strengthen Connection

Pick one goal and break it down into small, actionable steps your family can take to achieve it.

- Goal:

- Step 1:

- Step 2:

Scheduling Family Time



Having a regular family activity or time to connect can make a big difference. Choose something simple and fun that works for everyone.

- Weekly Activity/Time: _____

Encouraging Positive Habits



List a few healthy habits or values you'd like to focus on as a family. This could be anything from practicing gratitude to encouraging mental wellness.

- Habit #1: _____
- Habit #2: _____

Reflecting on Progress



Set a date to check in with your family and see how you're doing with your goals. Use this as a chance to celebrate progress and make adjustments if needed.

- Check-in Date: _____

Personal Reflection



What's something new you've learned about your teen during this process? Take a moment to recognize the positive qualities they bring to your family.

- Reflection: _____



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