

Sample Goal Setting Ideas

- Each day write how God speaks to you each day in a journal
- Pray for a service experience and then look for opportunities to share the gospel
- Keep a gratitude journal – record 5 things you are grateful for each day and practice showing gratitude to Heavenly Father
- Choose a favorite apostle that inspires you. Learn about his life and service. Keep a journal to record your insights and favorite quotes
- At the end of the day before bed, take time to see how God has used you today, say a prayer of gratitude and make a promise to listen better tomorrow
- Take 10 minutes each day to be quiet and to pray to God
- Go to mass on Sunday and participate enthusiastically.
- Limit social media to ____ minutes each day.
- Find someone new to eat lunch with
- Do a random act of kindness for someone each day for a month
- Choose a family member that you feel you need to strengthen your relationship with. Prayerfully ponder ways to strengthen the relationship and then act on what you feel you should do
- Smile at everyone you meet!
- Plan and carry out a service project for someone in your community
- Make cookies or a treat to take to a friend, widow, or someone who needs a pick-me up
- Set up a game night or other wholesome fun event for your friends
- Find an organization in your community and volunteer with them
- Learn a new sport or physical activity (basketball, tennis, dance, running, etc.)
- Help your family develop an emergency and evacuation plan. Practice it and be sure everyone understands what to do in an emergency
- Eat 5 fruits and vegetables a day, or increase your water intake

- Plant and harvest a garden
- Get outside and be active for ____ hours each day
- Learn self defense
- Plan a hike for your family or youth group
- Learn how to and help do repairs around your home

- Think of something that interests you and take a class or learn about it like: painting, photography, a new language, cooking, sewing, camping, drams/acting, first aid, musical instrument, dance, coding, write a book
- Choose your most difficult class at school and create a plan to do better at it
- Read a book or study about a subject that challenges you