

Setting and Working Towards Goals

Setting and working towards goals will give you a sense of direction, and a sense of satisfaction when you reach your goals! Goals give you something to work for and a way to measure all the hard work you do as a mom.

How often have you made goals that you forgot or abandoned within just a few days or weeks? Use these guidelines to set effective goals that will help you feel better about yourself and the hard work you do as a mom.

(This is a brief excerpt from the Setting Goals section in Home is Where the Mom Is. This worksheet focuses on the main points of making short-term goals to care for yourself. Home is Where the Mom Is also contains information on making long-term goals, with intermediate goals, to benefit all aspects of your life. At the end of each chapter, Home is Where the Mom Is suggests goals applicable to that chapter.)

To be effective, goals must be:

- **Measurable.** You *cannot* measure this goal; “I’ll take better care of myself.” If you can’t measure a goal, you can’t work toward it! Here is a goal you *can* measure and work toward; “Every day, beginning today, I’ll spend 15 minutes doing something I enjoy.”
- **Realistic/Attainable.** If you set an unrealistic goal, or one that’s impossible to attain, you’ll quickly become discouraged and abandon the goal. If you have four children under the age of six, it’s not realistic to set a goal of spending an hour alone, out of the house, every day! A realistic, attainable goal for a mom with young children might be, “I’ll take a ½ hour bubble bath twice a week, when my husband is home to watch the children.”

How to set goals:

1. **Write down your goal(s).** When you write them down, it makes them real! Put your goal list where you’ll see it every day and be reminded to work on your goals.
2. **Document your progress.** Place a star or smiley face on your calendar each day when you meet your goal.
3. **Evaluate your goal.** In 2-4 weeks see how you’re doing. If you just can’t get 30 minutes to yourself every day, no matter how hard you try, modify your goal. Perhaps you’ll change it to; “I’ll spend 15 minutes by myself, 4-5 times a week.” If you’ve met your goal and it’s a regular part of your life (for example, you’re taking two bubble baths every week), make a new goal.

Now, using the above guidelines, record your goals here (just make 1-2 goals at first, or you'll be overwhelmed; add more goals as you meet the old ones).

Suggested goals for Taking Care of Yourself:

- Starting tomorrow, I will spend 15 minutes every afternoon (while the kids are napping) reading a book or magazine.
- Beginning this week, I will spend one evening every week (after the kids are asleep) working on a craft project.
- Beginning this week, I will call one college friend every week, just to talk.

List your goals:

1. _____

Evaluation Date _____

2. _____

Evaluation Date _____

3. _____

Evaluation Date _____

4. _____

Evaluation Date _____

CONGRATULATIONS! You've taken an important step in taking care of yourself, and learning how to make and achieve goals!

(These pages adapted from Home is Where the Mom Is. To read an excerpt or purchase Home is Where the Mom Is, go to www.homeiswherethemomis.com)