



## Tri County Head Start/Early Head Start

2499 Cypress St.

Westville, Fl. 32464

(850) 548-9900 (850) 548-5644 (Fax)



### Goals and Plans for Action

*"The most important thing you can do to solve a problem is to begin"* Prank Tyger

Almost everyone wishes there were something they could change in their life. Maybe they would like a better job, develop better personal relationships, do something to help in their community, improve their health, or get more education. The first step to making changes in your life goals. By setting goals, you decide what you want to achieve and then make a step-by-step plan to achieve those goals. It is important when setting goals to be specific. If goals are too broad or unrealistic, you set yourself up to fail. Large goals should be broken down into smaller steps so you do not feel overwhelmed and can celebrate each accomplishment. Below are some sample goals to get you started. You can review your Family Strengths work sheet to brainstorm ideas as well

#### Your Education:

- Get GED/High School Diploma
- Take college classes
- Get vocational training
- Go to work first to learn how to look for a job/training

#### Health

- Taking child to Doctor and Dentist for exams/or follow up work
- Finding a Doctor or Dentist that accepts my insurance (Medicaid)
- Apply for Medicaid
- Get mom a physical and dental check up
- Monitor my child's chronic health condition
- Get immunizations updated
- Learn how to develop healthy eating and exercise habits with my family
- Quit smoking around my children
- Quit smoking
- Learn how to help my child with A.D.H.D.
- Learn healthy stress management skills

#### Head Start Participation

- Spend time volunteering in my child's class at school

- Attend parent/teacher/advocate conferences
- Attend Family Night
- Use activities at home to enhance what children are learning at school
- Spend more time with children
- Talk to my child about their day at Head Start
- Volunteer in the classroom
- Help child adjust to going to school
- Have child evaluated for special need services
- Become more involved with Head Start
- Read to my child once a day
- Work with child's teacher to improve his/her behavior
- Help my child get ready for Kindergarten

#### Family

- Spend quality time together as a family
- Improve child's table manners
- Reduce stress at home
- Put clothes away/clean room/keep room clean
- Help child learn to stay in bed by self for the entire night
- Turn off the TV and spend more time reading and do physical activities



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- Teach children not to wander away from home
- Work on being consistent with discipline
- Improve child's behavior at home or school
- Develop a better relationship with my child
- Plan family time together/take a vacation
- Help my children learn skills to act appropriately with other kids
- Attend Parenting Class
- Get son/daughter to talk more about feelings
- Attend a Play group
- Improve relationships
- Move
- Remodel/Repair house
- Ge Counseling
- Homeless- find a place
- Take steps to becoming debt-free
- Find childcare to look for a job or go to work
- Improve communication between mom and dad
- Spend time together as a family
- Buy a car
- Start a family tradition
- Get married
- Buy a house
- Budget my finances better
- Apply for a home loan
- Get family counseling
- Join a support group
- Create time to relax and destress

### Personal and Financial Goals

- Find a job
- Get my driver's license