Thank you for joining us for Marriage Talk! Please use this and other tools and resources available at www.TheMarriageTalk.com. We pray that these resources assist you in reaching your goals!

<u>CATEGORY</u>: This is the category that each goal falls under. This is to help you organize your goals by putting them in the one area that they pertain to most. Categories can be Family/ Marriage/ Business/etc.

<u>GOALS</u>: These are what you ultimately desire to accomplish. Goals are the final results that you are setting out to achieve. Goals must be:

- SPECIFIC- clear and exact.
- MEARSURABLE- when and how you will know you have reached your goal
- ATTIANABLE- highly possible to reach with the time/resources/and energy you have
- REALISTIC- achievable and not a set up for failure
- TIMELY- each goal should be grounded in a time frame. When will it be complete? (i.e. By the summer) or How many times should it be done? (i.e. daily morning prayer)

<u>STRATEGY</u>: These are action steps that should be taken that lead up to accomplishing the goals.

<u>REVIEW DATE</u>: This is the time that you agree to revisit this plan and evaluate your progress.

<u>TARGET DATE</u>: This is the time that you plan to implement the strategy by.

SAMPLE

CATEGORY: Family			
GOALS (1 PER ROW)	STRATEGY	REVIEW DATE	TARGET DATE
Go on vacation this summer	Have a family meeting to discuss options	1/17/17	1/25/17
	Search pricing of trip (flights, hotel, etc)	2/15/17	3/1/17
	Set trip date and savings schedule	3/8/17	3/15/17
Have a sit-down meal	Select a day for uninterrupted dinner	1/28/17	2/1/17
together as a family once a	Make dinner menu suggestions	1/28/17	2/15/17
week	Save time – use slow and pressure cookers	1/31/17	2/15/17

CATEGORY: Marriage			
GOALS (1 PER ROW)	STRATEGY	REVIEW DATE	TARGET DATE
More quality time together	Planned date night once a week.	1/31/17	2/5/17
	Each spouse will plan a date.	1/31/17	2/5/17
Anniversary getaway	Agree on how much you want to spend	1/31/17	2/5/17
	Agree on the getaway location	2/5/17	2/13/17
	Arrange care for the kids	3/1/17	3/15/17

CATEGORY: Finance			
GOALS (1 PER ROW)	STRATEGY	REVIEW DATE	TARGET DATE
Save \$1000	Agree on what expenses can be cut to meet goal	2/6/17	2/20/17
	Open Savings Account	2/6/17	2/20/17
	Set-up automatic transfer from checking	2/23/17	3/1/17
Pay off 2 Credit Cards	Choose 2 credit cards to pay off	2/6/17	2/20/17
	Monthly, pay \$100 above each minimum payment	2/23/17	3/1/17
	When 1st is paid off, pay \$200 above on the remaining	6/1/17	7/1/17

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