



Reflection & Goal-Setting Questions

Celebrate 2025 and Set Goals for 2026

Reflect on 2025

Celebrating Joys

- What is the best thing that happened to our family this year?
- What individual accomplishment are you most proud of?
- What was an unexpected joy this year?
- What's your favorite family memory from 2025?
- What's the most fun we had together this year?
- For you: What was the most enjoyable thing about your work or school?

Navigating Challenges

- What was the most difficult thing our family faced this year,
 - *how did we handle it?*
- What was our biggest disappointment?
- What did we learn from our struggles?
- What is one thing we could have done better as a family?
- What was our biggest time-waster this year?

Reflect on Family Dynamics

- What family tradition is your favorite — and why?
- If you could sum up our family's year in one word, what would it be?
- What is one thing you appreciate about each family member?



Looking Ahead to 2026 – Goals

Health & Wellness

- What new healthy meal could we try cooking together?
- What outdoor activity do we want to try as a family?
- What's one new self-care habit we can introduce?
- What change can improve our family's sleep?
- Should we designate "no screens" evenings?

Relationships & Communication

- How can we listen better to each other?
- What new family game nights or outings should we plan?
- What's one way we can better support each other?
- How might we stay better connected with extended family?

Financial & Contribution

- What big purchase or vacation could we save for?
- How can kids help with budgeting (age-appropriately)?
- How will we give back or contribute to our community?

Educational & Exploration

- What's our family reading challenge for 2026?
- What new skill or hobby might we try together?
- Are there local museums or new places we want to explore?

Tips to Keep It Real & Rewarding

- Use SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound).
- Break big goals into baby steps and assign roles.
- Display goals in a visible spot to stay inspired.
- Check in monthly or seasonally as a family.
- Celebrate often — effort counts as much as outcomes.

