

My overall family/relationship goal is: _____

Recognizing that it may be easier to work on this goal one step at a time, my **SPECIFIC PLAN** for this week is to (select 1 or more options):

- Schedule and plan a “date night” with my significant other
- Schedule and plan a family outing, “game night,” or other activity with my family
- Eat dinner as a family
- Implement a gratitude tradition with my family (e.g., give thanks before meals or before bed)
- Plan a family vacation
- Call or visit my parent(s), sibling(s), or other loved one(s)
- Sign up for a couples workshop or make an appointment for couples therapy
- Ban technology from family meals and/or implement a daily “unplugged hour” at home
- Sign up for a parenting class or make an appointment for parent training therapy/PCIT
- Make an appointment for family therapy
- Make time for physical intimacy with my spouse/significant other (schedule it in advance if necessary)
- Create a family calendar/schedule
- Review family members’ activities to assess “overscheduling”
- Express physical affection toward my significant other and child(ren)
- Write my spouse/significant other a “love letter”
- Spend 5 minutes one-on-one with my kid(s) every day (with no technology involved)
- Attend a family member’s activity (e.g., school performance, sports event, community activity)
- Offer to help a family member with a chore or other task
- Surprise a loved one with a small gift (flowers, favorite treat, etc.) “just because”
- Other: _____

The 3 most important reasons I want to make this change are:

- 1.
- 2.
- 3.

I have checked the UF Wellness Programs Resources tab to identify programs/services that may help me.

- Yes No

Some resources I have available to assist me with this goal (e.g., class, free program/service, supportive partner, health care professional, commercial product/service) are:

I will review my progress toward this goal on: ____ / ____ / _____

Signature: _____