

Setting Goals

Family Home Evening Lesson

Opening Hymn: Seek the Lord Early, Children's Songbook #108

Opening Prayer: By Invitation

Lesson Purpose:

To teach the importance of setting goals and working to achieve them. Each individual sets goals for the New Year.

Scripture:

- Doctrine & Covenants 60:13 (see printable*)

Quote:

-Quote by Elder Marvin J. Ashton (see printable*)
-Quote by Elder Joseph B. Wirthlin (see printable*)

Story:

- The Parable of the Talents (see "The Parable of the Talents" story printable.)

Lesson Overview:

- What are goals and why are they important?

[A goal is something we want to accomplish or achieve. They are important because they help us work to improve ourselves so that we can be successful in life and in returning to live with our Father in Heaven again. Goals help us develop our talents, both the ones we already have and the ones we would like to have in the future.]

- How do we set good goals? (see SMART printable.*)

Activities:

1. Talent Cards (see printable cards and envelopes*)
2. Goal Setting (see printable worksheet*)

Closing Hymn: I Will Follow God's Plan, Children's Songbook #164

Closing Prayer: By Invitation

The Parable of the Talents

By Jean Bingham
Friend Magazine, July 2015, pages 40-41

Jesus told a story, or parable, about a man who lent some coins to three people who worked for him.

Then the man went away. While he was gone, two of the people worked hard and used their coins to earn more coins to give back to the man. But one person just buried his coin because he was afraid of losing it.

**When the man came back, he gave rewards to those who increased the coins he lent them. But he took the coin away from the person who hadn't tried to increase it.
(See Matthew 25:14–29.)**

Like the man in the parable, Heavenly Father has given each of us some something very valuable—not coins, but special abilities or talents, like singing, showing love, running, or helping others. Like the people in the parable, you have to work hard to make your talents grow!

How can you follow Jesus's teachings by using and improving your talents? You will feel happier and help others when you do.

-BE SMART ABOUT SETTING GOALS-

S

SPECIFIC: NOT TOO VAGUE

STRETCHING: CHALLENGE YOURSELF

M

MEASURABLE: CREATE STEPS AND SMALL SUCCESSES IN ADDITION TO A FINAL MEASURABLE METRIC

A

ACHIEVABLE: MUST BE REALISTIC

AGREED UPON: JOINT GOALS

R

REWARDING: GOALS SHOULD BE PERSONALLY REWARDING

RELEVANT: MATTERS TO YOU

T

TIME-BASED: GIVE YOUR GOAL A DEADLINE

Doctrine & Covenants 60:13

...wherefore I give unto them a commandment, thus:

**Thou shalt not idle away
thy time, neither shalt
thou bury thy talent that
it may not be known.**

WHAT ARE MY TALENTS?

Sometimes it's hard to know what our talents are. Cut out the cards below and give one to every person in your family. Have them write your name on the line, and then write something they think you are good at...those are your talents! Print an envelope or find an envelope at home and put all your cards inside.

How do you think you can make your talents grow?

What other talents would you like to develop?

is really good at...

is really good at...

is really good at...

is really good at...

is really good at...

is really good at...

is really good at...

is really good at...

Cut out this envelope, fold in the flaps and glue or tape them together on the back side. Place your “talent cards” inside this envelope to keep them all together. Put it in a safe place so you know where to find it when you want to remember what your talents are, or you want to look at all the great things your family has to say about you!



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GOALS FOR:

(write your name here)

You already have many talents that the Lord has given you.

What other talents would you like to have/develop?

If you ask Heavenly Father for help, you can make your weaknesses become your strengths!
Write down 4 goals you have for improving yourself and post it somewhere you will see it often.
Everyday, look at your list of goals and remember to be working towards accomplishing them!
When you have achieved your goal, color in the number that goes with it.
Keep working until you get them all done!

1

Four horizontal lines for writing a goal.

2

Four horizontal lines for writing a goal.

3

Four horizontal lines for writing a goal.

4

Four horizontal lines for writing a goal.

May we launch straightway toward

setting goals

that are gospel oriented, knowing that if

we use the talents that are ours...

strength upon strength will be added

unto our own abilities and we will move

straightway toward greater growth,

happiness, and eternal joys.

Elder Marvin J. Ashton

**Write your goals and review them regularly.
Keep them before you constantly, record
your progress, and revise them as
circumstances dictate. Your ultimate goal
should be eternal life-the kind of life
God lives, the greatest of all the**

gifts of God.

Elder Joseph B. Wirthlin