agape

Family Therapy & Coaching

21-Day Journal for Parenting Visioning and Family Goals

This journal is dedicated to anyone who open going deeper in self-reflection, sharing their learnings with others in the community, and loving their families more deeply every day.

This journal belongs to:

Overview of the 21-Day Journal

Week 1: Parenting Vision, Strengths & Successes

Week 2: Family Concerns, Goals, & Outcomes

Week 3: Family Leadership, Challenges & Approaches

Date:_____

Day 1

Goal: Reflect on your vision for your family.

What is your long-term vision for your family?

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What are the values you want to cultivate in your household?

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How do you see your children thriving as a result?

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Date:_____

Day 2

Goal: Clarify your family vision.

To-Do List:

1. Write down your family's core values.
2. Share your vision for the family with your partner.
3. Identify one way you can model these values today.


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Date:_____

Day 3

Goal: Implement your family vision.

Planner

- **Morning:** Have a family discussion over breakfast about the importance of (insert value).
- **Afternoon:** Organize a shared family activity (e.g., cooking or playing a game).
- **Evening:** Reflect on the day's progress in your journal.


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Date: _____

Day 4

Goal: Identify your family's greatest strength.

What has been one successful approach you've implemented as a parent that has strengthened your family bond?

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Why do you think it worked?

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Date: _____

Day 5

Goal: Reflect on your parenting successes.

To-Do List:

1. List three things that have been successful in strengthening family bonds.
2. Repeat one of these successes today with your children.
3. Encourage your children to express what makes them feel loved.


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Date: _____

Day 6

Goal: Build upon your parenting successes.

Planner

- **Morning:** Prepare a healthy breakfast and talk to your kids about their week ahead.
- **Afternoon:** Engage in a family activity that was successful in the past (e.g. , park trip or family game).
- **Evening:** Share a bedtime story that reinforce your family values.

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Date: _____

Day 7
Weekly Reflection

How do you currently handle challenges? If the major issue didn't exist, how would your family be functioning differently?

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What steps can you take to move forward this ideal functioning?

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Date: _____

Day 8

Goal: Understand your concerns as a parent.

What are your major concerns about your family's dynamics right now?

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Are these concerns related to a specific child, a relationship, or an outside factor?

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Date: _____

Day 9

Goal: Address concerns about family dynamics.

To-Do List:

1. Write down your current concerns about your family dynamics.
2. Identify any patterns or behaviors contributing to these concerns.
3. Discuss your observations with your partner or a trusted friend.

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Date: _____

Day 10

Goal: Address concerns about family dynamics.

Planner

- **Morning:** Reflect on personal concerns during quiet time.
- **Afternoon:** Create a list of steps to address these concerns with your children.
- **Evening:** Take a walk with your partner or discuss any concerns about family dynamics.


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Date: _____

Day 11

Goal: Set an outcome goal for your family.

What specific outcome do you hope to achieve over the next 90 days with your family?

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How will this impact each family member?

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Date: _____

Day 12

Goal: Set outcome goals for your family.

To-Do List:

1. Define one specific family goal (e.g., improve communication or reduce screen time).
2. Break down this goal into three actionable steps.
3. Share this goal with your family and invite them to participate. (Write down their feedback or reaction).

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Date: _____

Day 13

Goal: Set outcome goals with your family.

Planner

- **Morning:** Write down your family goal and share it with your partner (goals must be aligned).
- **Afternoon:** Set a family meeting to talk about how to achieve the goal together.
- **Evening:** Discuss the goal with your children and explain why it's important and the role they will play to accomplish the goal.

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Date: _____

Day 14
Weekly Reflection

How do you create goals with your partner and family? Is it weekly, monthly, yearly or decades?

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How can you monitor and evaluate your goals together as a family (e.g., family meetings weekly, quarterly, yearly) ?

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Date: _____

Day 15

Goal: Define leadership within the family.

What do you see, as a parent, as your greatest accomplishment in leading your family?

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What has been your biggest challenge or insight into your role as a leader?

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Date: _____

Day 16

Goal: Recognize your leadership role in the family.

To-Do List:

1. Reflect on one leadership challenge you've faced in your family.
2. Identify a new strategy to overcome this challenge.
3. Lead by example today by modeling calm, respectful behavior.


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Date: _____

Day 17

Goal: Recognize your leadership role in the family.

Planner

- **Morning:** Write down your leadership challenges and how you plan to tackle them.
- **Afternoon:** Practice patience and positivity when handling difficult situations with your children.
- **Evening:** Journal about how your leadership choices impact your family today.


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Date: _____

Day 18

Goal: Identify the core family challenge.

What does each family member see as the primary problem the family is facing?

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How does this problem affect daily life?

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Date: _____

Day 19

Goal: Identify your family's primary challenge.

To-Do List:

1. Ask each family member what they believe is the family's biggest challenge.
2. Write down each response to gain a comprehensive viewpoint.
3. Discuss the similarities and differences in everyone's answers with your partner.


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Date: _____

Day 20

Goal: Identify your family's primary challenge.

Planner

- **Morning:** Have a one-on-one conversation with each child.
- **Afternoon:** Schedule a time to discuss family challenges with your partner.
- **Evening:** Ask each member to write down potential solutions based on today's conversations (including yourself).

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Date:_____

Day 21

Weekly Reflection

Review family challenges and possible solutions during personal reflection time.

Set a weekly check-in schedule to monitor progress on addressing the challenge. Agree on one small goal at a time.


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