

# CHALLENGE TO EXCELLENCE

## GOAL CONTRACT *For Our Family*

*It's a struggle to climb to the top of the mountain,  
but the view from the top is magnificent!*

This goal contract is about our family's attitude, faith, values, and traditions. It's about the way we look at life and everything we want for our family. It's about "this is the way we do things in our family; this is what we stand for."

As children in our family, you are loved unconditionally. We love you for who you are, not for how well you do in school or whether you make the team. We want the best for you. We are always here for you.

Life is like a roller coaster. We are all on the same ride, the ups and downs, the good times and bad. How we approach this ride will mean success or failure.

Specifically, the way we approach a job, a class, a paper, a test, a practice, a teacher, a coach, a car, or a friend – in all these cases, it's our attitude, our willingness to work hard, that will make us successful. That doesn't mean we won't ever experience pain or make bad choices, but we are always here for each other.

Our family has a unique cultural and religious heritage, a one-of-a-kind personal identity that we cherish. Our traditions can be generations old, and we can create new traditions that are as simple as a family dinner. Traditions can build lasting memories that give kids the roots of self-development and the wings of self-determination. They help kids know where they come from and where they are going.

Goals for our family can be important, serious, fun, or exciting.

Here are some goals to consider: household chores, game night, family vacation, dinner together, family book club, celebrations, a garden, movie night, a heart talk, or a monthly trip.

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## *Family Goal Contract*

1. Goal for our family: \_\_\_\_\_

Actions we can take to make that happen:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

2. Goal for our family: \_\_\_\_\_

Actions we can take to make that happen:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

3. Goal for our family: \_\_\_\_\_

Actions we can take to make that happen:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Also make a list of traditions and customs your family already has:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Family Signatures: We agree to this Contract:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_