

High Expectations

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What expectations and goals do you have for yourself? Which ones do your teenagers have? Identify your goals and dreams together.

For

Teen Family

Season

Summer

Needed

Bible, My Goals worksheet (see last page), pen for each family member

Activity Plan

1. Say this prayer aloud to begin.

God, help us to dream big and set goals that we can achieve. Remind us of your presence every step of the way. Amen.

2. Have a family member read aloud 1 Corinthians 9:24-27 (use Bible or see top of My Goals worksheet). Discuss the scripture passage with these questions:
 - What is this scripture about?
 - Why does this scripture talk about running and races?
 - Does this scripture say that competition is holy? Why or why not?
 - Why is it important to have discipline when you're trying to reach a goal?
 - What does this scripture say about faith? About personal goals?
3. Talk about which goal in the past you're most proud of achieving and why. For example, maybe your teenager played trombone in a music recital and did well. Or maybe you lost 10 pounds by changing your eating habits and exercising.
4. Give each family member a copy of the My Goals worksheet and a pen. Allow time to complete the handout. If anyone has trouble, talk through the handout together. Sometimes teenagers can set goals and then become bored or too stressed to work on them. Talk about those feelings.
5. Find out how family members become inspired by others who reach great goals. For example, some people enjoy watching the Olympic games and seeing athletes compete for the gold. Others enjoy hearing someone play a musical piece on the bassoon or the cello. Who inspires you to work toward your goals?
6. Create a weekly family check-in on supporting each other as you each work toward your goals. Talk about how sometimes we need to adjust our goals (or our expectations) so that they can become more achievable.
7. Celebrate when a family member reaches a goal.

My Goals

1 Corinthians 9:24-27. Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified. Which goals do you currently have?

Identify three different goals and how you can take steps to reach each one of your Goals.

Goal #1: _____

What small step can you take to work on this goal?

What other steps would be helpful?

What's your timeline for reaching your goal?

Goal #2: _____

What small step can you take to work on this goal?

What other steps would be helpful?

What's your timeline for reaching your goal?

Goal #3: _____

What small step can you take to work on this goal?

What other steps would be helpful?

What's your timeline for reaching your goal?

