25 Family Goals for the New Year

1. Make yourself a priority. When you fall apart, your family does too. If you make yourself a priority, everyone benefits. Treat yourself with kindness in the New Year.

2. Say “no” more often to the countless things that want your attention outside of your family. That way you’ll have more time and energy you have to commit to the people you love most.

3. Plan family meals. Cooking everyday can almost be impossible, but try to designate at least one day where you have a nice family meal.

4. Plan family fun days. Having designated days to just have a good time with your family, play games, and relax is good for everyone.

5. Pursue a dream. Putting your dreams on hold because you have kids doesn't serve anyone. Make this the year you finally pursue a passion.

6. Make healthy eating a priority. Try to make a conscious decision to

prepare healthier meals and have healthier snacks available for everyone.

7. Exercise together. Dance, walk, or kick a ball. It doesn't matter what you do, really. Just get moving, do it together, and do it often.

8. Stop yelling. Life starts to get too stressful and next thing you know you keep yelling. The thing is, your message doesn't get across at all when you yell, and it sends your kids a bad message.

9. Limit screen time. We all love television and our devices a lot, but nowhere near as much as you love your kids. Pick days throughout the month where the entire family disconnects so everyone can reconnect.

10. Buy less stuff. Buying stuff for yourself and your kids doesn't really make anyone happy—at least not the type of happiness that will last.

Spend more time together and less money on stuff.

11. Drink more water. Dehydration can make people tired, cranky and too many sugary drinks can lead to lots of other problems. That said more water (and less juice) for everyone is a great idea.

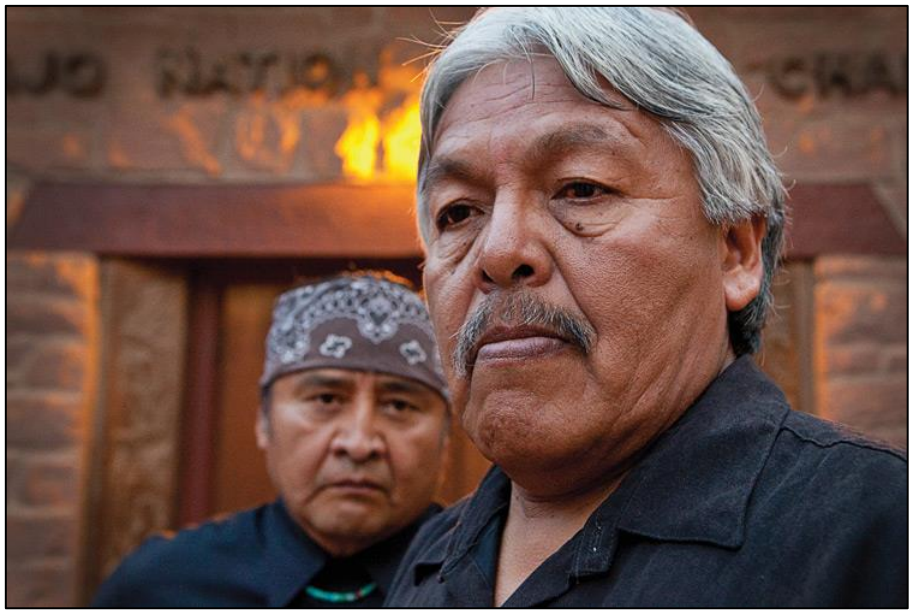
12. Plan a staycation. Who says you have to spend a lot to have a great time. Plan a spectacular staycation for your family this year.

13. Save more. Debt is just a pain in the butt. Make this the year that you spend less and save more. Your entire family will be better off.

14. Get everyone involved with cooking. Why should mom do all the work? Come up with fun, easy recipes and get everyone involved.

15. Take responsibility for your own happiness. Your kids and spouse are not responsible for making you happy. They should just add to your existing joy.

16. Let go of resentment. Resentment is toxic. If someone did you wrong, forgive them, find peace, and move on with your life. It's tough to be happy with your family when you have feelings of resentment.



17. Conquer some of your fears. Fears will take over your life if you let them. And conquering them is not just good for you, but it also sets a great example for your children.

18. Connect with other parents. We all need parent friends we can trust and we need to spend time just connecting with them.

19. Become more patient. Patience is essential, and without it everything becomes far more stressful. When you develop more patience, you find more peace.

20. Encourage spirituality. Praying with your family is so important. Take the time to pray for them and with them, and also encourage your children to pray on their own.

21. Work Less. If we can figure out how to work smarter, not harder, everybody wins.

22. Create a book nook. Reading is so important for everyone. Create a book nook for your kids so they can find a peaceful place to read.

23. Practice what you preach. If you want happier, well-rested, healthier kids, you need to be happier, well-rested and healthier.

24. Don’t get mad often. Its okay to get upset at times but your children shouldn’t expect to see your angry side often. Get to the root of what’s really bugging you.

25. Bond with your kids more. Go on dates with your kids, read with them, and spend more quality time together.