



strengthening
our home
and family

Deseret Book®

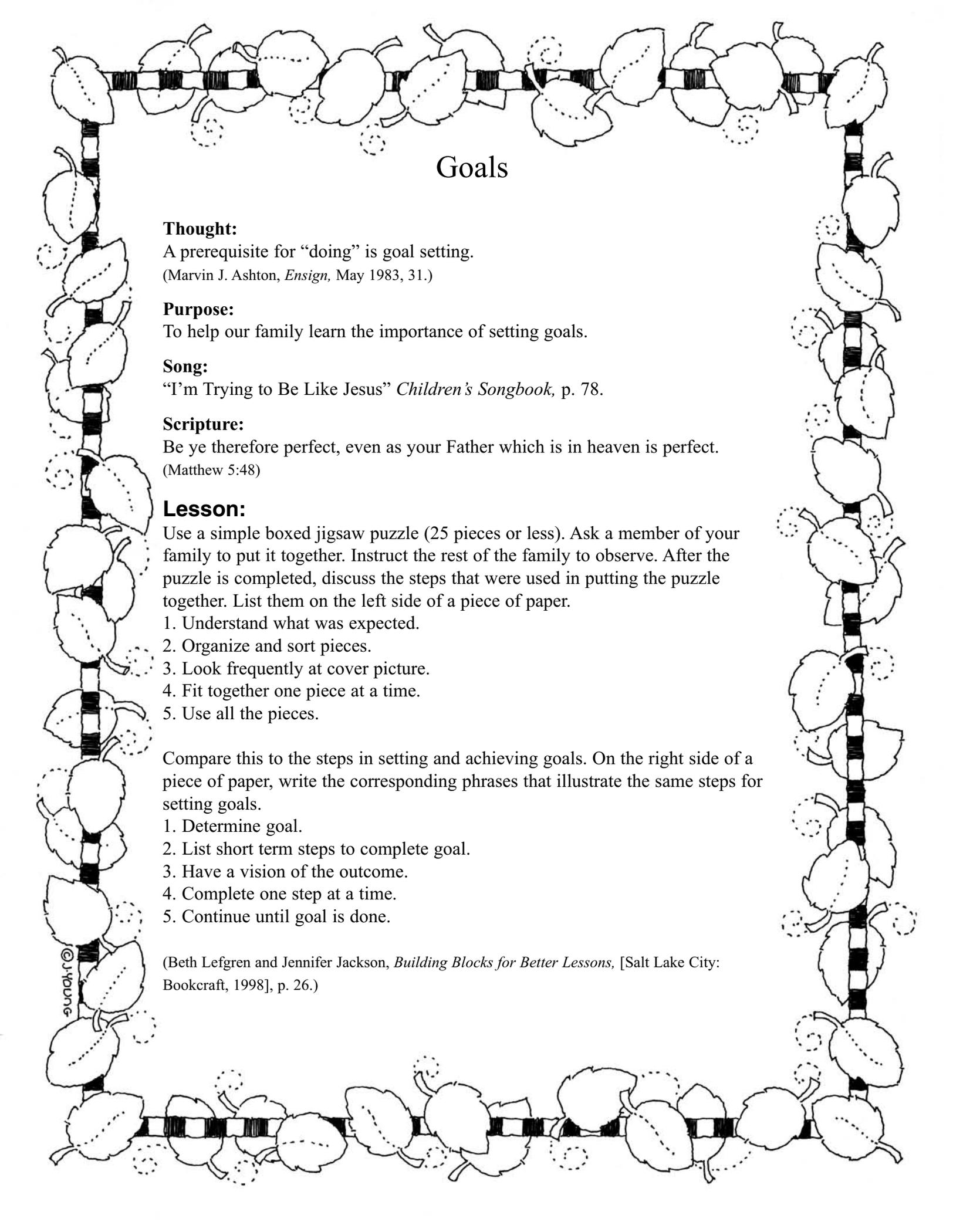
Family Home Evening Materials

Theme: Goals

Packet #120404

5 tips for successful Family Home Evenings

1. **Pray.** Pray about the needs of your family as you consider topics for home evenings, and pray as you prepare.
2. **Prioritize.** Make Family Home Evening a priority; learn to say no to other activities.
3. **Involvement.** Involve everyone in the family; help little children take part.
4. **Commitment.** Be committed and be consistent. Set a designated time and stick to it. Holding Family Home Evening on a weekly basis takes dedication and planning on the part of all family members.
5. **Relax** and enjoy it. The most important thing your children will remember is the spirit they feel in your family home evenings and activities. Be sure the atmosphere is one of love, understanding, and enjoyment.



Goals

Thought:

A prerequisite for “doing” is goal setting.

(Marvin J. Ashton, *Ensign*, May 1983, 31.)

Purpose:

To help our family learn the importance of setting goals.

Song:

“I’m Trying to Be Like Jesus” *Children’s Songbook*, p. 78.

Scripture:

Be ye therefore perfect, even as your Father which is in heaven is perfect.

(Matthew 5:48)

Lesson:

Use a simple boxed jigsaw puzzle (25 pieces or less). Ask a member of your family to put it together. Instruct the rest of the family to observe. After the puzzle is completed, discuss the steps that were used in putting the puzzle together. List them on the left side of a piece of paper.

1. Understand what was expected.
2. Organize and sort pieces.
3. Look frequently at cover picture.
4. Fit together one piece at a time.
5. Use all the pieces.

Compare this to the steps in setting and achieving goals. On the right side of a piece of paper, write the corresponding phrases that illustrate the same steps for setting goals.

1. Determine goal.
2. List short term steps to complete goal.
3. Have a vision of the outcome.
4. Complete one step at a time.
5. Continue until goal is done.

(Beth Lefgren and Jennifer Jackson, *Building Blocks for Better Lessons*, [Salt Lake City: Bookcraft, 1998], p. 26.)

Story:

(Robert L. Simpson)

Let me tell you about a missionary who felt the need for charting a course. He wanted to put a little guarantee in his charted course, so this is what he did. He wrote down for himself his major objectives for the next five years. He called it his "five-year plan." On this five-year plan, I remember, he had such entries as an honorable release from his mission (which was then just starting). He had as an objective graduating with a particular grade-point average (which was quite high, I might add). Within that five-year period he hoped to be married in the House of the Lord (and he had a pretty good idea who it was going to be). I also remember he had a notation about continuing worthily in the Church while he was achieving all of these things—worthy with regard to tithing, the Word of Wisdom, attendance at sacrament meetings, being available to his bishop, being a home teacher or whatever else might need to be done which would be compatible with his busy schedule, and doing all those things that a good Latter-day Saint should do.

Now comes the important part. Having prepared this list, he made about five or six copies, with plenty of room at the bottom for additional signatures. Then he had witnesses to these objectives that he had set; he had his parents, his mission president and wife (we were greatly honored to do this), his bishop back home, and his athletic coach (whom he respected very highly), all signed as witnesses to these commitments that he had made for himself. He was the kind of boy that would not want to disappoint those whom he loved. He would want to do these things so he would not have to say to all of us, "I failed."

I can tell you now that this young man has accomplished his goals. He is ready now to take his place in the world. He feels prepared to meet whatever comes next, and, most important of all, he has already prepared a brand-new set of goals that is going to carry him for the next five years, during the struggling days of beginning his business. And I would like to state right here that I know he will make it because he has established sound goals and has the self-discipline to pursue them effectively.

(Leon R. Hartshorn, *Outstanding Stories by General Authorities*, vol. 2)

Activity:

Start the new year off right by making some resolutions. You can include things you're not going to do (such as complaining about having to practice) and things you are going to do (such as remembering to say your prayers every day). Write them where you can reread them at anytime.

To help you remember your resolutions for the year, make a colorful mobile displaying all the important things you are trying to make a part of your character. All you need is some string, cardboard shapes, markers or crayons, and some pieces of stiff wire or light wooden sticks. (A hanger works well.)

On each of the cardboard shapes, write one quality you are working on. Use thread to attach the cardboard shapes to the hanger (or other balancing wire). Hang the mobile where you can see it every day.

(Candace Smith, *The Sunday Activity Book*, [Salt Lake City: Bookcraft, 1983], p. 37.)

Extras:

- Have each family member write a letter to themselves to be opened in the future.
- Create a family purpose statement or motto and display it in your home.

(Melodie Webb, *250 Ways to Connect with Your Family*, [Salt Lake City: Deseret Book, 2003], p. 49–52.)

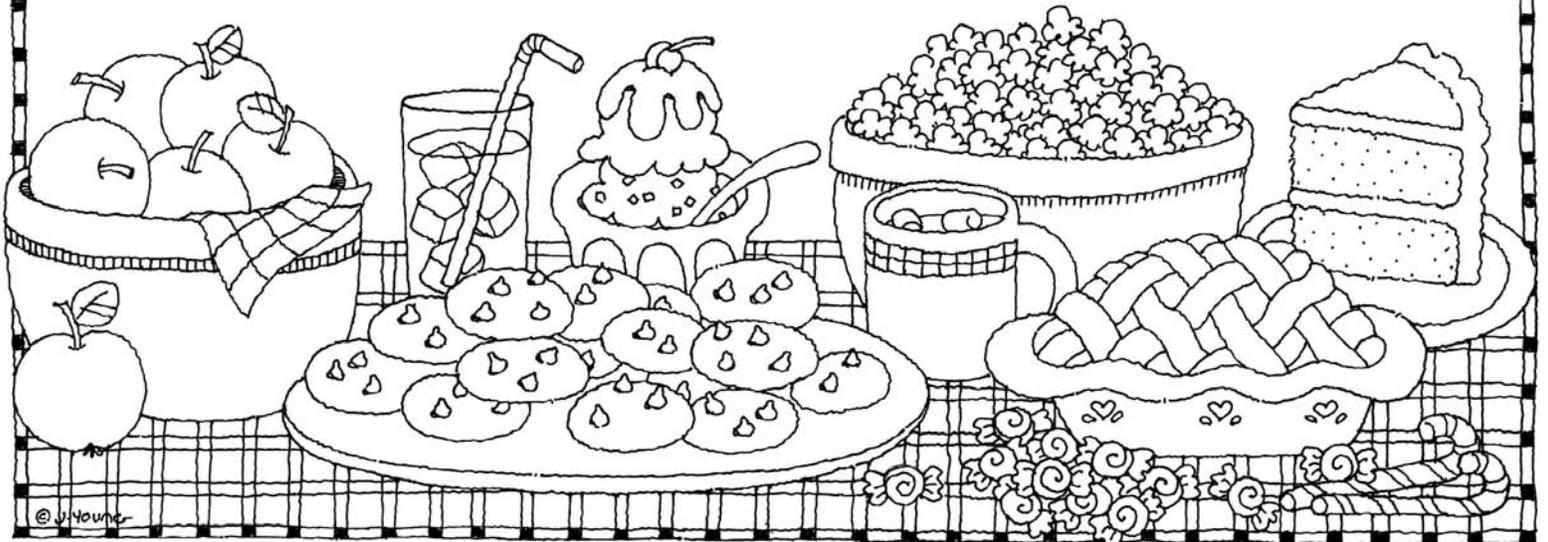
Refreshment

Aloha Bread

- 1 cup butter
- 2 cups sugar
- 4 eggs
- 1 cup mashed bananas
- 4 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon soda
- 1 teaspoon salt
- 1 20-ounce can crushed pineapple, drained
- 1 cup chopped pecans
- 1 cup coconut

Preheat oven to 325° F. Grease 2 large 9x5-inch loaf pans. Set aside. In a large mixing bowl cream butter and sugar. Add eggs. Stir in bananas. In a separate bowl mix flour, baking powder, soda, and salt, then add to banana mixture. Blend well, but be careful not to overmix. (Overmixing causes tunnels and a coarse texture.) Add pineapple, pecans, and coconut and mix together on low speed until blended. Pour into prepared pans. The pans should each be two-thirds full. Bake for 60 to 80 minutes. Makes 2 large loaves.

(*Lion House Desserts*, [Salt Lake City: Eagle Gate, 2000], p. 138.)



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