

## Family Council All Member Meeting

In Person Vision Board & Goal Setting

Date: January 25, 2024

### Attendees

Council members present: (Jaclyn Rodgers and Samantha Balentyne)

Council members absent: (Kurliesha, Diana, Asheli, Kenyetta, Olivia, Chloe, Courtney)

### Agenda

1. Check ins & introduce vision board reflection questions ( 5 mins)
  - a. Snacks & Refreshments
2. Explain quarterly goals model & keys to setting goals for 2024 (10 mins)
  - a. Where we've been and where we're going
3. Vision Board Craft Activity (45 mins)
  - Example of a few of the reflection questions –
    1. What was the biggest change I made within the last year?
    2. What were my top three personal and professional accomplishments within the last year? How did they make me feel?
    3. What were three of my biggest personal or professional challenges? How did I feel when I was faced with a challenge?
    4. What was the most important lesson I learned this year?
    5. What are three long-term goals I want to work towards?
    6. What are three concrete steps I can take towards accomplishing each goal?
  - a. Discussed – goal setting, reviewed reflection questions, discussed areas of improvement, assessed the need for more child friendly outlets and activities, brainstormed ways to redirect and address the mental health and behaviors of the youth.
  - b. Discussed what to expect next from Birth to Five Illinois- prepare to dive into mental health and behavioral health conversations.
  - c. Distributed "Take Care" bags- included journal, pen, 2024 calendar, kids puzzle, and a few candy treats.

### Before next meeting...

- Review reflection questions and fill out your quarterly goals sheet.