

Summer Goal Setting

Worksheet for Teens & Parents

Use this worksheet together to set meaningful and fun goals for the summer! Start by completing your own sections—then come together to compare and collaborate. The goal is to grow closer, learn from each other, and support one another through the summer months.

For Teens

Goals Here

Personal Growth

What's one new thing you want to try or learn this summer?

Relationships

How do you want to show up for your friends, family, or community?

Mental & Emotional Health

What helps you feel grounded or calm?
How will you take care of yourself?

Learning or Exploration

What's something you're curious about or want to get better at?

Just for Fun!

What's something fun or silly you want to make time for?

One word I hope describes my summer: _____

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For Parents & Other Caring Adults

Goals & Intentions
Here

Relationship Building

What's one way you want to strengthen your connection with your teen?

Emotional Support

How will you care for your teen's mental and emotional well-being?

Rhythms & Routines

What routines would support a healthy, balanced summer?

Encouragement & Growth

How can you affirm their identity and growth this summer?

Fun & Joy

How will you intentionally create or join in fun moments with your teen?

One word I hope defines our summer together: _____