

FLC Wilderness Trip

GOALS PAPER

(Please answer the following questions and be prepared to read your responses at the orientation meeting the first night.)

1. As you enter into this Wilderness FLC, what are the personal and or family issues you are presently struggling with the most? How will you ask for help from your WFLC group to assist you in moving forward?
2. Identify some of your hopes for this experience? Explain, why. What will it take from you this weekend to make these goals happen?
3. Identify some of your fears about this experience and how they might hold you back this weekend? Explain why and focus on feelings.
4. Over the four-day trip, what does your family most need to work on? What do you need to take hold of and let go of to help these relationships move forward?