

# LIFE SEASONS

Mark each topic below that is relevant to your home.

## LIFE STAGES

- Single - Should You Pursue Marriage?
- Hope to Marry
- Engaged - Getting Ready for Marriage
- Building a Strong Marriage
- Considering Children
- Preparing For Baby
- Intentional Parenting
- Choosing Your Child's Schooling Options
- Preparing for Adolescence
- Launching Young Adults
- The Empty Nest
- Influencing Grandchildren
- Caring for an Aging Loved One

## SPECIAL SITUATIONS

- Raising Children Alone
- Managing Family Finances
- Facing Infertility
- Exploring Adoption
- Introducing Your Child to Christ
- Raising A Child with Special Needs
- Blending Families
- A Difficult Marriage
- A Difficult Teen
- An Unplanned Pregnancy
- Married to an Unbelieving Spouse
- Addiction Issues
- Grieving
- When a Child Rejects Your Beliefs
- Living Together
- Disciplining Young Children
- Sexual Identity Confusion

For the topics you marked above, you can find tools to become intentional in the At Home Center.

# MY 120 DAY PLAN

Identify goals in each relevant category.

## MARRIED:

To strengthen our relationship I will...

- Plan at least two dates per month
- Pray together at least twice weekly
- \_\_\_\_\_
- \_\_\_\_\_

## CHILDREN:

To nurture my child's faith I will...

- Schedule at least two "family night" activities or faith discussions per month
- Pray together at least five times per week (including mealtime and bedtime)
- \_\_\_\_\_
- \_\_\_\_\_

## TEENS: To mentor my teen's faith I will...

- Schedule at least one "movie night chat" or faith discussion each month
- Eat together (including prayer and conversation) at least five times per week
- \_\_\_\_\_
- \_\_\_\_\_

## GRANDKIDS:

To give a strong heritage I will...

- Pray for each grandchild daily by name
- Call or write a note to each grandchild once per month
- \_\_\_\_\_
- \_\_\_\_\_

## Other situations for proactive intentionality:

- \_\_\_\_\_
- \_\_\_\_\_

For helpful tools visit the At Home Center or [rushcreek.org](http://rushcreek.org)