

.....MY.....

AT HOME

.....PLAN.....

REFLECT

Assess your level of intentionality over the past 120 days.

MARRIAGE

How intentional have you been? (Check all that apply)

NURTURING INTIMACY:

- Had a "date night" twice or more per month to focus on one another without the children.
- Wrote a note, gave a flower, or some other tangible expression of love at least twice per month.
- Called during the day, sat down to chat, took walks together, or some other time of focused, non-task driven communication at least three times per week.
- Prayed with my spouse at least twice per week.
- Demonstrated meaningful touch and/or verbal affirmation at least once per day.

AVOIDING DANGERS:

- Took steps to reduce risk to my marriage in vulnerable areas (bad temper, office relationships, demeaning language, etc.) by maintaining boundaries, increasing accountability, etc.
- Took care of myself physically and emotionally to be the best lifelong partner I can be.
- Admitted I was wrong and apologized and/or forgave before going to bed after conflicts with my spouse.

MY MARRIAGE

I am confident that my marriage will last until one of us dies.

1 ----- 2 ----- 3 ----- 4 ----- 5
Not Confident *Highly Confident*

I believe my marriage is, for the most part, God-honoring and happy.

1 ----- 2 ----- 3 ----- 4 ----- 5
Never *Always*

PARENTING

How intentional have you been? (Check all that apply)

PARENTS:

- Connected relationally with my children daily (help with homework, eat together, etc.).
- Did something special with my children (hobby, ice cream date, etc.) twice per month.
- Created an opportunity for discussing my beliefs & values with my children at least once per week.
- Prayed with my children (including meals, bedtime, etc.) at least five times per week.
- Admitted I was wrong and apologized and/or forgave before going to bed after conflicts with my children.
- Served together and/or participated in an intergenerational faith experience (father/daughter banquet, local missions event, etc.) with my children at least once in the past 120 days.

GRANDPARENTS:

- Did something to connect with my grandchildren (a letter, phone call, etc.) at least once/month.
- Did something to help my grandchildren inherit a strong spiritual legacy at least once in the past 120 days.

MY CHILDREN/GRANDCHILDREN

I am confident my children/grandchildren will have a strong Christian faith in adulthood.

1 ----- 2 ----- 3 ----- 4 ----- 5
Not Confident *Highly Confident*

SINGLE ADULTS

How intentional have you been? (Check all that apply)

- I am Called to the Single Life:** I have pledged to remain single throughout my life to give more time, resources & attention to Christian ministry and willingly sacrifice sexual intimacy to do so.
- I Hope to Marry:**
 - Pray about/for my future spouse.
 - Have kept myself sexually pure knowing my body is God's gift to my future spouse or I have repented of past sexual sin and committed to remain abstinent until married.
 - Have taken proactive steps toward finding a Godly mate.
 - Practice spiritual & physical disciplines to help me become the best gift possible to the person I marry.
 - Have attended pre-engagement or pre-marital counseling or other sessions to learn the Christian view of marriage so I can submit to its demands and expectations.

MY FUTURE MARRIAGE

I am confident my marriage will be God-honoring and happy.

1 ----- 2 ----- 3 ----- 4 ----- 5
Not Confident *Highly Confident*