

# WHAT WILL I DO

*Identify 1-2 things you intend to do in the next 120 days that will move your family to the next level in each category.*

## MY HOME PLAN

### MARRIED: To strengthen our relationship, I will...

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

### KIDS@HOME: To nurture my child's faith, I will...

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

### TEENS@HOME: 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 leave a strong legacy, I will...

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

### Other situations for proactive intentionality:

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

# MY PLAN

*To Build an Intentional Family*

\_\_\_\_\_

{ Showing Christ • Raising Believers }



A P P R A I S A L

# GET STARTED NOW!

Take a few moments to complete the following easy steps...

## {STEP ONE}

### HOW HAVE I DONE

Briefly evaluate  
your own level of  
intentionality in  
Sept-Dec 2019.

## {STEP TWO}

### WHAT WILL I DO

Create a family  
intentionality  
game plan for the  
next 120 days.

## HOW HAVE I DONE

How intentional have you been? Check all that apply.

## FAITH@HOME

### Parents

- ☐ Connected relationally with my children/teens daily (help with homework, eat together, etc.)
- ☐ Did something special with my children/teens (hobby, ice cream date, etc.) twice per month
- ☐ Created an opportunity for discussing my beliefs and values with my children/teens at least once per week
- ☐ Prayed with my children/teens (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/teens
- ☐ Served together and/or participated in an intergenerational faith experience (father/daughter banquet, local missions event, etc.) with my children/teens at least once in the past couple of months

### Grandparents

- ☐ Did something to connect with my grandchildren (a letter, phone call, etc.) at least twice per month
- ☐ Did something to help my grandchildren inherit a strong spiritual legacy at least twice per month
- ☐ Prayed for my grandchildren at least five times per week

### MY CHILDREN / GRANDCHILDREN

How intentional have I been to help my children/grandchildren build a strong faith?	1	2	3	4	5
	Not Intentional				Very Intentional
I am confident my children/grandchildren will have a strong Christian faith in adulthood.	1	2	3	4	5
	Not Confident				Very Confident

## MARRIAGE

### Nuturing Intimacy

- ☐ Had a "date night" twice or more per month to focus on one another without distractions
- ☐ 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, relationships outside of my marriage, demeaning language, etc.) by maintaining boundaries, increasing accountability, etc.
- ☐ Took care of myself physically and emotionally to be the best lifelong spouse I can be
- ☐ Admitted I was wrong and apologized and/or forgave before going to bed after conflicts with my spouse

### MY MARRIAGE

How intentional have I been to build a lifelong thriving marriage?	1	2	3	4	5
	Not Intentional				Very Intentional
I am confident that my marriage will last until one of us dies.	1	2	3	4	5
	Not Confident				Very Confident
I believe my marriage is, for the most part, God-honoring.	1	2	3	4	5
	Not Confident				Very Confident

## SINGLE ADULTS

### I am Called to the Single Life

- ☐ Planned to remain single throughout my life to give time, resources and attention to Christian ministry
- ☐ Took proactive steps in learning to be complete in Christ alone
- ☐ Practiced spiritual and physical disciplines in order that I may live out biblical singleness
- ☐ Committed to keeping myself pure as I believe God has called me to remain single

### I Hope to Marry

- ☐ Prayed about/for my future spouse and that my future marriage will be God-honoring
- ☐ Kept myself sexually pure knowing my body is God's gift to my future spouse, or repented of past sexual sin and committed to remain abstinent until married
- ☐ Took proactive steps toward finding a Godly mate and preparing for marriage by learning to be complete in Christ alone
- ☐ Practiced spiritual and physical disciplines to help me become the best gift possible to the person I marry
- ☐ Attended pre-engagement or pre-marital counseling or other sessions to learn the Christian view of marriage

### MY FUTURE

How intentional have I been to honor God in my singleness and/or prepare for a God-honoring marriage.	1	2	3	4	5
	Not Intentional				Very Intentional
I am confident my future marriage will be God-honoring.	1	2	3	4	5
	Not Confident				Very Confident