

My 120 Day Plan

Identify goals in each relevant category

MARRIED: To strengthen our relationship I will...

- Plan at least two date nights per month
- Pray together at least twice weekly
- Have quality time together three times per week, no distractions (phones, television, chores, etc.)
- Use teamwork; create your goals and achieve them together

○ _____
○ _____

KIDS@HOME: 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 & bedtime)
- Make mealtime meaningful five times per week, everyone is all in (including prayer & conversation)
- Play together at least once a week, either at home or go out for some kid fun

○ _____
○ _____

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

- Schedule at least one "movie night chat" or faith discussion each month
- Make mealtime meaningful five times per week, everyone is all in (including prayer & conversation)
- Use my drive-time wisely for faith discussions
- Motivate my teen to read (bible or devotional) three times per week

○ _____
○ _____

GRANDKIDS: To give a strong heritage I will...

- Encourage or equip my adult children to build strong families
- Pray for each child/grandchild by name
- Call or write a note to each grandchild twice per month
- Plan quality time with my grandkids (including faith discussions, prayer, and playtime)

○ _____
○ _____

Life@Home exists to help you become intentional by equipping families to flourish.

The Life@Home center is available at KCC and online to provide you with resources, tools, and ideas to help you build a strong God-honoring home.

EquippingFamilies.org

My Life Home Plan *to Build a Strong Family*



120 Days of Intentionality



APPRAISAL

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 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 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				Confident

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

1	2	3	4	5
Not Confident				Confident

Life@Home

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 and 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 (banquet, 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 twice per month
- Did something to help my grandchildren inherit a strong spiritual legacy as 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				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 and 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 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 and 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 expectations

My Future Spouse

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

1	2	3	4	5
Not Confident				Confident