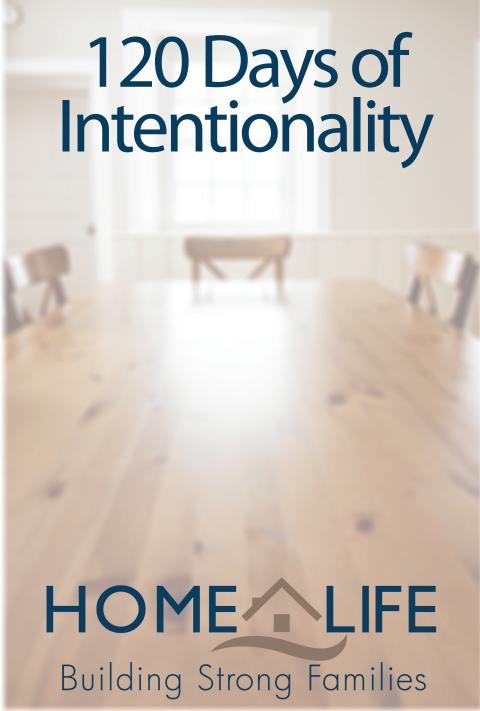
My 120 Day Plan

	Identify goals in each relevant category.
M 0 0 0	ARRIED: To strengthen our relationship I will Plan at least two dates per month Pray together at least twice weekly
	DS@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)
0	ENS@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
0	RANDKIDS: 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
0	ther situations for proactive intentionality:

For helpful tools visit the Home Life Center or www.CenterPointChurch.com







APPRAISAL

Assess your level of intentionality over the past 120 days.

Marriage

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

NURTURING INTIMACY:

- o Had a "date night" twice or more per month to focus on one another without the children
- o Wrote a note, gave a flower, or some other tangible expression of love at least twice per month
- o 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
- o Prayed with my spouse at least twice per week
- o Demonstrated meaningful touch and/or verbal affirmation at least once per day

AVOIDING DANGERS:

- o 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
- o Admitted I was wrong and apologized and/or forgave before going to bed after conflicts with my spouse

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

Faith @ Home

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

PARENTS:

- o Connected relationally with my children daily (help with homework, eat together, etc.)
- o Did something special with my children (hobby, ice cream date, etc.) twice per month
- o Created an opportunity for discussing my beliefs and values with my children at least once per week
- o Prayed with my children (including meals, bedtime, etc.) at least five times per week
- o Admitted I was wrong and apologized and/or forgave before going to bed after conflicts with my children
- o 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:

- o Did something to connect with my grandchildren (a letter, phone call, etc.) at least once per month
- o 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 Not Confident 4 5 Highly Confident

Single Adults

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

- o 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
- o I Hope to Marry:
 - o Pray about/for my future spouse
 - o 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
 - o Have taken proactive steps toward finding a Godly mate
 - o Practice spiritual and physical disciplines to help me become the best gift possible to the person I marry
 - o 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

1 2 Not Confident 4 5 Highly Confident

Family Seasons

Mark each topic relevant to your home and find tools to become intentional at the Home Life Center.

Life Stages

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

Special Situations

- o Raising Children Alone
- o Managing Family Finances
- o Facing Infertility
- o Exploring Adoption
- o Introducing Your Child to Christ
- o Raising A Child with Special Needs
- o Blending Families
- o A Difficult Marriage
- o A Difficult Teen
- o An Unplanned Pregnancy
- o An Unbelieving Spouse
- o Addiction Issues
- o Dealing with Grief
- o Children Rejecting Your Beliefs
- o Living Together