

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
- _____
- _____

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 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 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:

- _____
- _____

@home exists to help you become intentional about building a God-honoring home one step at a time. Take advantage of these tools designed to inspire and equip faith @home intentionality.



@Home Pointers

Free insights and resource recommendations for a variety of family season dynamics and special situations.

Marriage and Parenting Podcast

Free inspiration and advice on becoming intentional at home at sccchome.org



Game Plans

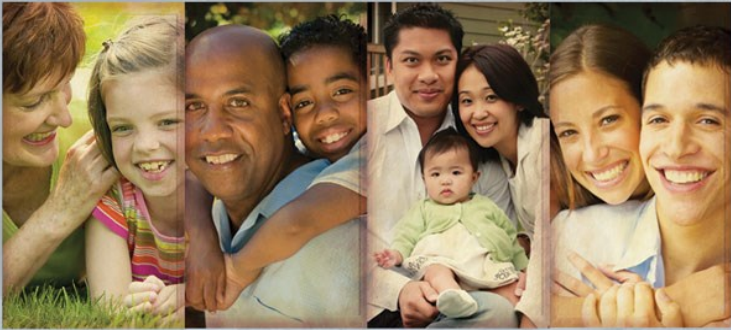
Free ideas you can implement this week including date-night discussion, family-night activities, mealtime conversations, movie night chats, holidays and much more.



growfaithathome.org



120 Days of Intentionality My @home Plan



REFLECT

Assess your level of intentionality over the past 120 days

MARRIAGE

How intentional have you been?

NURTURING INTIMACY

- Had a "date night" once or more a 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 had 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 tempers, 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

Faith@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 intentional 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 per 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 I am doing all I can to give my children/grandchildren a strong faith in adulthood.

1 2 3 4 5
Not Confident Highly Confident

SINGLE ADULTS

- 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:**
 - Prayed 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
 - Practiced 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 demands and expectations

My Future Marriage

I am confident I am doing all I can to prepare for a marriage that will be God-honoring and happy.

1 2 3 4 5
Not Confident Highly Confident

Family Seasons

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

LIFE STAGES

- Single - Should You Pursue Marriage?
- Engaged - Getting Ready for Marriage
- Building a Strong Marriage
- Considering Children
- Intentional Parenting
- Preparing for Adolescence
- Launching Young Adults
- The Empty Nest
- Influencing Grandchildren
- Caring for an Aging Loved One

SPECIAL SITUATIONS

- Raising Children Alone
- Introducing Your Child to Christ
- Raising a Child with Special Needs
- Blending Families
- A Difficult Marriage
- A Difficult Teen
- An Unbelieving Spouse
- Dealing with Grief
- Children Rejecting Your Beliefs