

# 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 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 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:

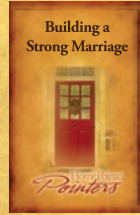
- \_\_\_\_\_
- \_\_\_\_\_

For helpful tools visit the HomePointe Center or [homepointe.org](http://homepointe.org)

# HomePointe™

## Building Strong Families

HomePointe 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.



### HomePointe 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. Available for download or on audio CD.



### Faith@Home Ideas

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



### Faith Path Kits

Free kits that help parents become intentional One Step at a Time. Tools correspond to your child's age and stage of development.



Stop by the HomePointe Center before or after services or visit [homepointe.org](http://homepointe.org)

# My HomePointe™ 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 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

## 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 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 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 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 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 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 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 my marriage 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 HomePointe Center.

## Life Stages

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

## Special Situations

- Raising Children Alone
- Managing Family Finances
- Facing Infertility
- Exploring Adoption
- Sexual Identity Confusion
- Raising A Child with Special Needs
- Blending Families
- A Difficult Marriage
- A Difficult Teen
- An Unplanned Pregnancy
- An Unbelieving Spouse
- Addiction Issues
- Dealing with Grief
- Children Rejecting Your Beliefs
- Living Together
- Military Deployment