

# My Game Plan

Identify goals in each relevant category

## PERSONALLY

To strengthen my relationship with God, I'll...

- ☐ Read my Bible 4 days a week
- ☐ Find a Bible reading plan
- ☐ Find a LifeGroup or Bible study to attend and actually go!
- ☐ Join a discipleship group
- ☐ Find a place to serve
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## MARRIAGE

To strengthen my relationship with my spouse, I'll...

- ☐ Plan at least 2 dates per month
- ☐ Pray together at least \_\_\_ weekly
- ☐ Initiate \_\_\_ non-task-driven times of communication each week
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## SINGLES

To strengthen my future, I'll...

- ☐ Join a Life Group
- ☐ Join a ministry team
- ☐ Start or join a discipleship group
- ☐ Encourage others in my circle of influence
- ☐ \_\_\_\_\_

## PARENTING

To nurture my child's faith I will...

- ☐ Schedule at least 2 family nights or other faith discussions each month
- ☐ Pray together \_\_\_ times/week
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

To nurture my teen's faith I will...

- ☐ Schedule at least 1 movie night or other activity/discussion a month
- ☐ Eat together (with prayer and conversation) at least \_\_\_ times per week
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## GRANDPARENTING

To give a strong heritage I will...

- ☐ Pray for each grandchild daily
- ☐ Call, email or write a note to each grandchild once per month
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

**DATE TO REVISIT THIS PLAN**  
(3 MONTHS LATER)

\_\_\_\_\_

## Family Seasons Topics

Find a topic relevant to your home. Grab the pamphlet at the Pkwy Home Family Resource Wall

### LIFE STAGES

Building a Strong Marriage  
Hope to Marry  
Intentional Parenting  
Intro a Child to Christ  
Launching Young Adults  
Preparing for Adolescence  
Preparing for Baby  
Single Adult  
Adoption, Foster Care  
Empty Nest  
Aging Loved Ones

### SPECIAL SITUATIONS

Blending Families  
Difficult Marriage  
Difficult Teen  
Disciplining Young Children  
Finances  
Grieving  
Influencing Grandchildren  
Prodigal Kids  
Single Parenting  
Special Needs  
Unbelieving Spouse



# HOME Pkwy home PLAN

## 90 DAYS OF INTENTIONALITY

1. **INSPECT & REFLECT** on your level of intentionality with the Lord and your important relationships
2. **IDENTIFY** personal goals in the My Game Plan (see the back page), helping you take next steps over the next 3 months

Some potential next steps are given

- ➡ Use a Family Season Topic pamphlet to inform your next steps  
(see back page for categories, cards are on the Family Resource wall)
- ➡ Try an IDEA Card for a date night or activity with the kids or teens  
(on the Family Resource wall)
- ➡ Consider the Faith Path framework for next steps in Parent/child Discipleship  
(also on the Family Resource wall)

3. **REPEAT** the process in 3 months

# INSPECT & REFLECT

**Assess your level of intentionality over the past 3 months**

## PERSONAL

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

- ☐ I am a disciple of Jesus - a person who follows Jesus by trusting and obeying Him
- ☐ I am in the Word - reading the Bible frequently
- ☐ I am prioritizing authentic relationships by gathering with others of similar ages and/or stages (in the Family)
- ☐ I understand my gifting - the unique abilities given to believers for the purpose of serving God and others
- ☐ I am using my spiritual gifts to serve the Lord (in the Trenches)
- ☐ As a disciple, I am positively influencing others toward the Gospel

## MARRIAGE

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

### NURTURING INTIMACY

- ☐ I had a date night twice or more per month to focus on one another, one on one
- ☐ I wrote a note, gave a flower or some other tangible expression of love at least twice per month
- ☐ I 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
- ☐ I prayed with my spouse at least twice per week
- ☐ I demonstrated meaningful touch and/or verbal affirmation at least once per day

### PROTECTING MY MARRIAGE

- ☐ I took steps to reduce risk to my marriage in vulnerable areas (bad temper, demeaning language, office relationships, internet temptations, etc.) by maintaining boundaries, increasing accountability, and similar proactive steps
- ☐ I took care of myself physically, emotionally and spiritually
- ☐ I admitted I was wrong and apologized and/or forgave before going to bed after conflicts with my spouse

## SINGLE ADULTS

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

- ☐ I am discipling others regularly or being discipled
- ☐ I am seeking my relationship with Christ above a dating relationship
- ☐ If I desire marriage, I am praying for my potential future spouse
- ☐ If I desire marriage, I am seeking contentment with the Lord, trusting His timing

## PARENTING

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

- ☐ I connected relationally with my children daily (help with homework, eat together, play game, etc.)
- ☐ I did something special with my children (hobby, ice cream date, etc.) twice per month
- ☐ I created an opportunity for discussing my beliefs and values with my children at least once per week
- ☐ I prayed with my children (including meals, bedtime, etc.) at least five times per week
- ☐ I admitted I was wrong and apologized and/or forgave before going to bed after conflicts with my children
- ☐ I served together and/or participated in an intergenerational faith experience (in the past quarter)

## GRANDPARENTING

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

- ☐ I did something to connect with my grandchildren (a letter, phone call, etc.) at least once per month
- ☐ I did something to help my grandchildren inherit a strong spiritual legacy at least once in the past quarter

**REPEAT EVERY 3 MONTHS**