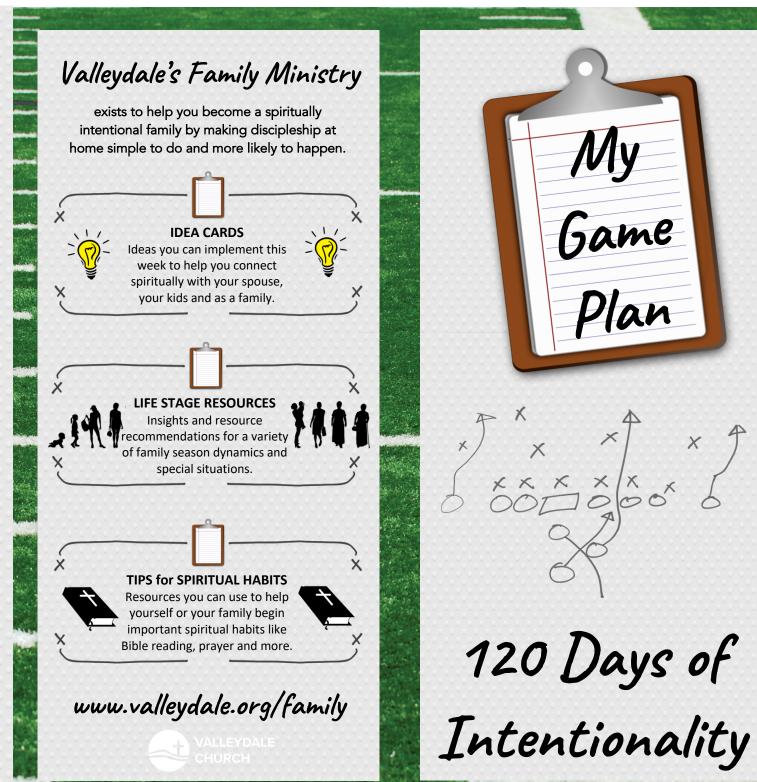


For helpful tools, visit valleydale.org/family resources







REFLECT

Assess your level of intentionality over the past 120 days.

### Marriage

 $\pmb{\mathsf{X}}$  How intentional have you been? (Check all that apply)  $\pmb{\mathsf{X}}$ 

## imes imes nurturing intimacy: imes imes

- Had a date night 2x or more per month to focus on one another without the kids
- Wrote a note, gave a flower or some other tangible expression of love at least 2x month
- Called during the day, sat down to chat, took walks together to communicate at least 3x week Prayed with my spouse at least 2x week
- Demonstrated meaningful touch and/or verbal affirmation at least 1x day

## 

☐ Took steps to reduce risk to my marriage in vulnerable areas (temper, language, office relationships, internet temptations, etc.) by boundary setting, accountability, etc.

 Took care of myself physically, emotionally and spiritually
Admitted I was wrong 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.12345Not confidentHighly confident

I am confident my marriage will be God-honoring and happy.12345Not confidentHighly confident

Faith at Home

 $\pmb{X}$  How intentional have you been? (Check all that apply)  $\pmb{X}$ 

# $\times \times$ parenting: $\times \times$

- Connected relationally with my kids (help w/ homework, eat together, play games, etc.)
- Did something special with my kids (hobby, ice cream date, etc.) 2x month
- Created an opportunity for discussing faith and values with my kids at least 1x week
- Prayed with my kids at least 5x week (including meals & bedtimes)
- Served together and/or participated in an intergenerational faith experience w/ my kids 1x in last 120 days.

#### CO GRANDPARENTING:

Connected with my grandkids (card, phone call, text, etc.) at least 1x month

Did something to help my grandkids inherit a strong spiritual legacy at least 1x in last 120 days

#### My Children / Grandchildren

I am confident my kids/grandkids will have a strong Christian faith in adulthood.

2 3 4 5 Highly confident

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Not confident

## Single Adults

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

- □ I know God has called me to remain single to allow more time, resources & energy to be devoted to Him.
- ☐ I am not sure if God has called me to singleness or marriage, but am committed to praying for His guidance and honoring the Lord with my singleness.
- I am leaning on the Lord to provide comfort, healing and guidance as I adjust to being single again.
- I feel called to marry and I pledge to Honor God in my dating life as prepare spiritually to be a Godly spouse as I wait. My Future

I am confident my marriage will be God-honoring and happy or I am called to a life of singleness. 1 2 3 4 5

Highly confident

Not confident

# Family Seasons

Mark each topic relevant to your home and find tools to become intentional at the **on-campus resource center** or at **valleydale.org/family.** 

#### MARRIAGE

Single – Should You Pursue Marriage?
Intentional Dating
Engaged – Getting Ready for Marriage
Building a Strong Marriage
A Difficult Marriage
Unbelieving Spouse
Considering Children
Preparing for Baby
Blending Families
Sexual Intimacy

#### PARENTING

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Intentional Parenting
Considering Children
Preparing for Baby
Introducing Your Child to Christ
Discipline with Young Children
Preparing for Adolescence
Launching Young Adults
Empty Nest
Single Parent
Exploring Adoption and Foster Care
Facing Infertility
Raising a Child with Special Needs
Difficult Teen
Prodigal Kids
SPECIAL SITUATIONS

## SPECIAL SITUATIONS

Addiction issues
Living Together
Family Finances
Caring for an Aging Loved One
Unplanned Pregnancy
Sexual Identity Confusion
Grieving (Death, Divorce, Change)
Serving God Through Singlehood
Influencing Grandchildren