

# My Game Plan

Identify goals in each relevant category.

**MARRIAGE:** To strengthen our relationship I will ...

- Plan at least 2 dates per month
- Pray together at least 2x weekly
- \_\_\_\_\_
- \_\_\_\_\_

**PARENTING:** To nurture my child's faith I will ...

- Schedule at least 2 family nights, movie night chats or faith discussions each month
- Pray together at least 5x week
- \_\_\_\_\_
- \_\_\_\_\_

**GRANDPARENTING:** To give a strong heritage I will ...

- Pray for each grandchild by name
- Call, text or write a note to each grandchild 1x month
- \_\_\_\_\_
- \_\_\_\_\_

**SINGLES:** To pursue God's calling on my future I will ...

- Plan at least 2 dates per month
- Pray together at least 2x weekly
- \_\_\_\_\_
- \_\_\_\_\_

**OTHER SITUATIONS FOR PROACTIVE INTENTIONALITY:**

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

For helpful tools, visit [valleydale.org/family](http://valleydale.org/family) resources

## Valleydale's Family Ministry

exists to help you become a spiritually intentional family by making discipleship at home simple to do and more likely to happen.



**IDEA CARDS**  
Ideas you can implement this week to help you connect spiritually with your spouse, your kids and as a family.

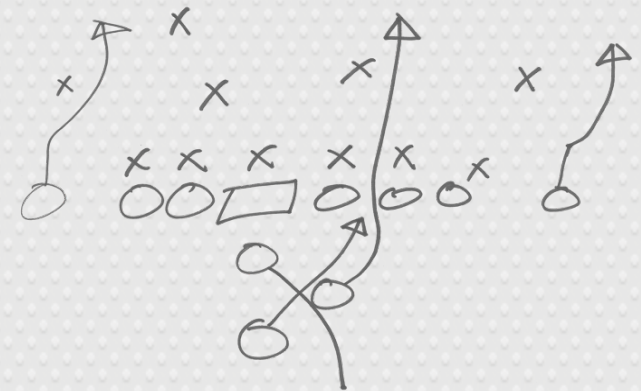


**LIFE STAGE RESOURCES**  
Insights and resource recommendations for a variety of family season dynamics and special situations.



**TIPS for SPIRITUAL HABITS**  
Resources you can use to help yourself or your family begin important spiritual habits like Bible reading, prayer and more.

[www.valleydale.org/family](http://www.valleydale.org/family)



# 120 Days of Intentionality



