

APPRAISAL

Assess your level of intentionality over the last 120 days.

Marriage

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

NURTURING INTIMACY:

	/N	OKI OKING INTIIVIA	CT:			
	Had a "date night" twice or more per month to focus on one another without the childred 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 DANGER	S:			
	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	Not Confident Highly Confident				
I believe my marriage is, for the most part, God-honoring and happy.						
	1 2	3	4	5		
	Not Confident Highly Confident					

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. 2 3 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 My Future Marriage I am confident my marriage will be God-honoring and happy. 1

Highly Confident

Not Confident