



REFLECT

Assess your level of intentionality over the past 120 days. Complete and return to HomePointe

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 (other than saying grace over a meal) at least twice per week
- Demonstrated meaningful touch (hugs, kisses, caressing) and/or verbal affirmation (words of appreciation, admiration, affection) at least once per day

AVOIDING DANGERS:

- Took steps to reduce risk to my marriage in vulnerable areas (bad temper, sexual temptation, office relationships, time away from home, demeaning language, substance abuse, etc.) by establishing and/or maintaining boundaries, increasing accountability, etc.
- Made a consistent effort to take 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

Marriage Intentionality Summary

Based upon your answers above, circle the item that best describes your level of intentionality over the past 120 days with regard to building a life-long, thriving marriage.

A: Very Intentional • **B:** Not Bad • **C:** Hit and Miss • **D:** Mostly Miss • **F:** Totally Haphazard
Not Applicable (unmarried)

Faith @ Home

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

PARENTS:

- Did something special with my children (hobby, ice cream date, movie night, etc.) at least twice per month
- Connected relationally with my children (chatting, helping with homework, eating dinner together at the table, etc.) at least once per day
- Created or captured an occasion within the home for passing my beliefs and values to my children (family night activity, mealtime conversation, bedtime reading, etc.) 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 (service project, family mission trip, volunteer in children's ministry, etc.) and/or participated in an intergenerational faith experience other than regular church services (father/daughter banquet, father/son event, parent/teen Bible study, etc.) with my children at least once in the past 120 days

GRANDPARENTS:

- Did something to foster a relational connection with my grandchildren (wrote a letter, hobby, ice cream date, movie night, phone conversations, etc.) at least once per month
- Did something intentional to directly (with grandchildren) or indirectly (assisting the parents) help my grandchildren inherit a strong spiritual legacy at least once in the past 120 days
- Served in a ministry, missions or service project or participated in an intergenerational faith experience with my grandchildren at least once in the past 120 days

Faith @ Home Intentionality Summary

Based upon your answers above, circle the item that best describes your level of intentionality over the past 120 days with regard to passing faith to the next generation.

A: Very Intentional • **B:** Not Bad • **C:** Hit and Miss • **D:** Mostly Miss • **F:** Totally Haphazard
Not Applicable (no children/grandchildren)

Walk Matching Talk

Would your family say that your life at home reflects what you claim to believe?

A: Consistently • **B:** Most Times • **C:** Hit and Miss • **D:** Mostly Miss • **F:** No

HomePointe™ *Appraisal*



HomePointe™
Building Strong Families