



Conflict Reflection Activity

What I was thinking	What was said



What I was thinking	What was said



Commitment Analysis Activity

Complaint	Commitment
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Family Strategic Plan



Top Ten Values

	Value	Scripture	Why
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			



Marriage Values

Abundance	2 Corinthians 9:8	Harmony	1 Peter 3:8
Accountability	James 5:16	Healing	Jeremiah 7:14
Achievement	Philippians 4:13	Health	3 John 1:2
Adaptability	Romans 12:2	Integrity	Proverbs 21:3
Advancement	James 4:10	Joyfulness	Romans 15:13
Adventure	2 Corinthians 2:14	Kindness	Galatians 6:10
Affection	Romans 12:10	Love	1 John 4:7
Appreciation	Colossians 3:16	Loyalty	1 Cor. 16:13-14
Attentiveness	Nehemiah 1:4	Meekness	Matthew 5:5
Attractiveness	Esther 2:17	Mercy	Luke 6:36
Authenticity	Ephesians 2:10	Order	1 Cor. 14:40
Balance	Proverbs 11:1	Openness	Proverbs 12:22
Caring	1 Peter 5:7	Partnership	1 Corinthians 3:9
Change	Isaiah 43:19	Passion	Romans 12:10-11
Charity	2 Corinthians 9:7	Patience	Galatians 6:9
Collaboration	Hebrews 10:24-25	Peace	Phil. 4:6
Commitment	Proverbs 16:30	Perseverance	James 1:12
Communication	Ephesians 4:29	Persistence	Galatians 6:9
Compassion	Peter 3:8	Productivity	Colossians 3:23
Competence	Proverbs 3:21	Problem Solving	Proverbs 3:5
Connectedness	1 Peter 4:8	Promotion	James 4:10
Contentment	Philemon 4:19	Prosperity	Deuteronomy 8:18
Cooperation	2 Corinthians 13:11	Purpose	Matthew 28:19
Courage	Deuteronomy 31:6	Respect	Romans 12:10
Courtesy	Romans 12:10	Responsibility	1 Corinthians 3:8
Credibility	Psalms 40:4	Safety	Psalms 27:1
Dedication	Psalms 1:1-6	Security	Psalms 9:10
Dependability	Psalms 55:22	Self-control	Proverbs 25:28
Empowerment	2 Corinthians 12:9	Sharing	Luke 6:38
Ethics	Romans 13:8-10	Spirituality	Matthew 5:6
Fairness	Matthew 20:16	Stability	Psalms 103:19
Faith	Matthew 21:22	Stewardship	1 Peter 4:10
Fidelity	Hebrews 13:4	Submission	Ephesians 5:21
Forgiveness	Ephesians 4:32	Success	Philippians 4:13
Friendliness	Proverbs 18:24	Teamwork	1 Corinthians 1:10
Friendship	Luke 6:31	Thankfulness	Ephesians 5:20
Frugality	Proverbs 21:20	Tolerance	Matthew 7:1
Generosity	Luke 6:38	Trust	Proverbs 3:5
Gentleness	Galatians 5:22-23	Truth	1 John 1:6
God	James 1:17	Understanding	Proverbs 14:29
Goodness	Romans 8:28	Uniqueness	Ephesians 2:10
Goodwill	Luke 2:14	Virtue	Proverbs 10:9
Gratitude	1 Thessalonians 5:18	Wealth	Philippians 4:19
Happiness	Matthew 5:8	Wisdom	Proverbs 14:29



Shared Vision Starters

1. We envision a marriage that is based on...
2. Our marriage will be known for ...
3. Our marriage values and beliefs will be reflected by our ...
4. We will build a marriage that encompasses ...

Our Shared Family Vision

Recite these scriptures daily to each other

Scripture 1: _____

Scripture 2: _____

Scripture 3: _____



	Spiritual Goals	Timeline	Estimated Cost
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
	Totals		



	Social Goals	Timeline	Estimated Cost
1.	Luveuphoria	Daily	
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
	Totals		



	Family Goals	Timeline	Estimated Cost
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
	Totals		



	Educational Goals	Timeline	Estimated Cost
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
	Totals		



	Physical Goals	Timeline	Estimated Cost
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
	Totals		



	Employment/Work Goals	Timeline	Estimated Cost
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
	Totals		



	Recreation/Fun Goal	Timeline	Estimated Cost
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
	Totals		



	Financial Goals	Timeline	Estimated Cost
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
	Totals		



I _____ agree that this
(Your Name)

Family Strategic Plan is entered into voluntarily and is the result of my desire to have a blessed, prosperous, and happy marriage.

I _____ agree to work with
(Your Name)

_____ as a team to
(Spouse Name)

ensure that we accomplish our agreed upon goals.

I _____ agree to place a
(Your Name)

priority on the necessary activities needed to accomplish our agree upon shared vision and goals.

(Wife Signature)

(Date)

(Husband Signature)

(Date)

Spiritual Goals Examples

1. Winning souls
2. Daily/Weekly scripture memorization
3. Join a ministry
4. Individual prayer
5. Family prayer
6. Spiritual gift usage
7. Contribute tithes and offerings
8. Visit the sick
9. Visit the elderly
10. Read the bible
11. Study the bible
12. Salvation
13. Fasting
14. Memorize scripture
15. Attend church regularly.
16. Serve regularly in your church
17. Pray daily
18. Attend Daily/Weekly bible study group
19. Disciple or mentor a younger believer
20. Find someone to mentor or disciple you
21. Explain the gospel to an unbeliever
22. Start a bible journal
23. Learn new ways to study the bible (Hermeneutics, Inductive study, meditation, etc)

Social Goals Examples

1. Date night
2. Dinner
3. Movies
4. Teaching him how to paint your nails
5. Showering together
6. Wearing complimentary outfits
7. Filling an entire room with something your spouse loves
8. Write songs about/to each other
9. Write notes about/to each other
10. Silly couple selfies
11. Taking baths together
12. Getting matching pajamas
13. Tying each other's shoelaces
14. Intimacy schedule
15. Matching underwear
16. Running into each other's arms
17. Weekends where you ban each other from leaving the bedroom
18. Spending lazy Saturdays making breakfast together
19. Hanging out in your underwear at home
20. Open communication
21. Sacrificing certain things for each other
22. Becoming best friends, not just romantic partners
23. Complement each other with beautiful words
24. Constantly surprising each other
25. Emotional support
26. Listen
27. Negotiate and compromise
28. Create a bucket list
29. Long walks
30. Picnics
31. Enhance communication techniques
32. Have a picnic
33. Watch the sunset together
34. Go to concerts
35. Go to Theme park

Family Tree

Father 1. _____

Mother 1. _____

Uncles 1. _____
2. _____

Aunts 1. _____
2. _____

Cousins 1. _____
2. _____
3. _____

Children 1. _____
2. _____
3. _____
4. _____
5. _____

Family Goals Examples

1. Eat dinner together
2. Eat breakfast together
3. Family game night
4. Weekly family dinner
5. Weekly family walk/hike
6. Weekly chore plan
7. Cook homemade dinners together
8. Family yard work
9. Assign family jobs weekly
10. Visit the library
11. Volunteer together
12. Family fun activities
13. Try a new family recipe each month
14. Go on a family road trip
15. Plan and host a family reunion
16. Family devotion time
17. Do a community service project together
18. Place children in specific activities
19. Have another baby
20. Get rid of household clutter
21. Replace old car
22. Spend quality time with children
23. Spend quality time with specific family members
24. Own a pet
25. Provide support

Education Goals Examples

1. Read novels of different genres
2. Read classics
3. Attend bible training seminars
4. Attend bible training school
5. Vocational training
6. Learn to start a business
7. Learn computers
8. Learn computer skills
9. Teach a class
10. Get a degree
11. Enhance communication skills
12. Write a book
13. Learn research skills
14. Listen to stories and audio tapes
15. Learn to take good notes
16. Learn to type
17. Learn computer software
18. Learn to cook
19. Send children to college
20. Help children finish high school
21. Learn athletic activities
22. Learn to play chess and other games
23. Help children learn athletic activities
24. Help children learn to play chess and other games
25. Help children to learn different hobbies
26. Become a mentor
27. Help children with homework
28. Learn about other professions
29. Visit museums
30. Enhance your vocabulary
31. Teach your children to write a book
32. Teach your children how math is used in real life
33. Teach your children to read
34. Teach your children how to do well on quizzes and test
35. Prepare your child(ren) for college
36. Equip your child(ren) to find a good job
37. Teach your child(ren) to make good choices
38. Teach your child(ren) to work or play independently
39. Teach your child(ren) to work as a team player
40. Teach your child(ren) to be truthful and honest
41. Teach your child(ren) to have positive relationships with adults and other children
42. Teach your child(ren) to show empathy and sensitivity to others
43. Teach your child(ren) to help others

Physical Goals Examples

1. Couples Massage
2. Hair treatments
3. Hair cut
4. Nail treatments
5. Toe nail treatments
6. Quit Smoking
7. Quit drinking
8. Eat more healthily
9. Lose weight
10. Get in shape
11. Reduce Stress
12. Beauty treatments
13. Keep hair trimmed neatly
14. Grow a beard
15. Eat less meat
16. Track calorie intake
17. Grooming maintenance
18. Nail maintenance
19. Vision maintenance
20. Diet and nutrition
21. Weight loss
22. Physical therapy
23. Mental therapy
24. Purchase clothes
25. doctor visits
26. Dentist visits
27. Pedicures
28. Hair maintenance

Employment/Work Goals Examples

1. Earn a management Position
2. Become known as an expert in your field
3. Build your personal brand
4. design career around a personal passion
5. Change jobs
6. Get a promotion
7. Communicate more effectively
8. Develop more friendships at work
9. Become a manager
10. Become a leader
11. Learn a new skill
12. Go for a specific award
13. Start a new business
14. Create a website or promotional materials for my business
15. Learn how to attract business
16. Take aptitude tests
17. Get trained for a new career
18. Balance work with other personal activities
19. Aim for a raise
20. Become more proactive
21. Acquire conflict resolution skills
22. Manage stress effectively
23. Learn to make better decisions
24. Work on your attitude
25. Make more money
26. Improve your interviewing practices
27. Get more customers
28. Build a network of companies
29. Develop an invention
30. Make money blogging
31. To be more creative
32. Looks for ways to make changes work
33. Adapts to changes quickly and easily
34. Make suggestions that increase effectiveness
35. Enhance your professional skills
36. Find stable job security
37. Enhance time management skills

Recreation/Fun Goals Examples

Aerobatics	Figure Skating	Roller Skating
Air Hockey	Finger painting	Rope Climbing
American Handball	Fishing	Rope Jumping
Archery	Flag Football	Rugby
Badminton	Football	Running
Balloonng	Freestyle Skiing	Sailing
Baseball	Freestyle Snowboarding	Shuffleboard
Basketball	Freestyle Swimming	Skateboarding
Beach Basketball	Fuzz ball	Skeet Shooting
Beach Golf	Go-Carting	Slow-Pitch Softball
Beach Handball	Golf	Snowboarding
Beach Soccer	Gymnastics	Soccer
Beach Tennis	Handball	Softball
Beach Volleyball	Hockey	Speed Golf
Bench Press	Horse Racing	Sport Aerobics
Billiards	Horseshoes	Sport Fishing
Bodybuilding	Hovercraft Racing	Sports Car Racing
Bowling	Hunting	Squash
Boxing	Ice Dancing	Step Aerobics
Break Dancing	Ice Hockey	Surfing
Bull Fighting	Ice Racing	Swimming
Bull Riding	Ice Skating	Table Tennis
Camping	Indoor Cricket	Target Archery
Canoeing	Indoor Field Hockey	Target Shooting
Casting	Indoor Soccer	Tee-Ball
Cheerleading	Jogging	Tennis
Chess	Kickball	Tetherball
Competitive Eating	Lacrosse	Touch Football
Cricket	Martial Arts	Unicycle sports
Croquet	Mixed Martial Arts	Vacation
Cross-country Running	Motorsports	Volleyball
Crossfit	Paddle Tennis	Water Basketball
Curling	Parachuting	Water Polo
Cycling	Pocket Billiards	Water Skiing
Dancing	Pole Climbing	Water Volleyball
Darts	Pole Dancing	Wheelchair sports
Diving	Polo	Wiffleball
Dog Racing	Power lifting	Windsurfing
Equestrian	Race Walking	Wrestling
Fast Pitch Softball	Racquetball	Yoga
Field Handball	Rodeo	
Field Hockey	Roller Derby	

Financial Goals Examples

1. Get your budget up to par
2. Improve your credit
3. Create a more secure future
4. Worry less about financial setbacks
5. Get out of debt
6. Save Money
7. Become financially independent
8. Carry cash and change with you
9. Pay off your credit card balance each month
10. Spend less than you earn
11. Save at least 10% of everything you make
12. Start a retirement account and contribute to it monthly
13. Pay your bills on time
14. Don't open credit accounts at every store you visit
15. Set up dedicated savings accounts for major purchases
16. Put extra money towards paying down debt
17. Check your bank balances and card statements weekly
18. Open a checking account
19. Open a saving account
20. Open a money market account
21. Purchase Certificate of Deposit (CD)
22. Invest in stocks and bonds
23. Invest in mutual funds
24. Manage your credit cards wisely
25. Review and understand your credit report
26. Protect yourself from identity theft
27. Understand your tax liability
28. Understand your income
29. Create a budget
30. Plan for large purchases and life events
31. Save money
32. Establish an emergency savings fund
33. Increase your income
34. Cut expenses
35. Prioritize bills
36. Plan spending
37. Repay student loans