

# MARRIAGE & PARENTING GOALS

OUR PURPOSEFUL LIFE



# MARRIAGE AND PARENTING GOALS

No matter what kind of feelings the word "goal" brings to mind, we want to challenge you to think about it in a whole new way. Instead of thinking of goals as a checklist of accomplishments or a list of potential failures, think about your goals as a way to have a G.O.A.L.

That stands for a **God Ordained Adventurous Life!**

**God:** God is our Creator. He made you, and He hand-picked you to be the parent of your children. As our Creator, He should be our number one consultant and counselor when we sit down to make goals for the year. Make sure you start the conversation in prayer to invite Him to lead the way.

**Ordained:** God has a very specific plan for you, your marriage and your children. It is so specific only you guys can do it. There are so many good things to do in this life, more than we have the energy or resources to do. That is why setting goals is so important. It helps us stay in our own lane and only do what God has called us to do!

**Adventurous:** Life is supposed to be exciting and fun, not boring and mundane. We need to make sure that we are always setting out on the **right** adventure. One that God has given us strength, wisdom, patience and grace to go on. If we do this, our adventure will glorify Him and build us up, through fun times and hard times.

**Life:** We are always growing and changing. Our goals should be centered around the change God wants to do in our lives that specific year.

So make this the year that you and your spouse sit down and talk about your goals for your marriage and your children. Make this year a year of **purposeful** growth.

Use the following worksheets to start your discussion. Feel free to add, adapt or change the questions to meet your specific family's need.

In this together!  
Nathan and Dana

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# TIPS TO GET STARTED

- Set a date and time to discuss it. This way you can both be prepared and in the same mental box. It probably won't go well if you just try to fit it in on a random evening.
- Pray before you get started. Ask the Lord to lead the conversation and direct your plans.
- Focus more on listening to your spouse's heart than proving your point.
- Use "I" and "we" statements instead of "you." Focus on what you can do versus what the other person should do. (You can only control you.)
- If it gets tense, pause and pray. And maybe you don't have to cover ALL of the questions this year.
- It's okay to need help. Sometimes the "how are we doing" talks can get frustrating and hard. Until you figure out a healthy rhythm for this type of conversation it is okay to ask someone for help. A trusted friend, a pastor, a mentor or even a counselor. We all need help sometimes!

When and where will you discuss these questions?

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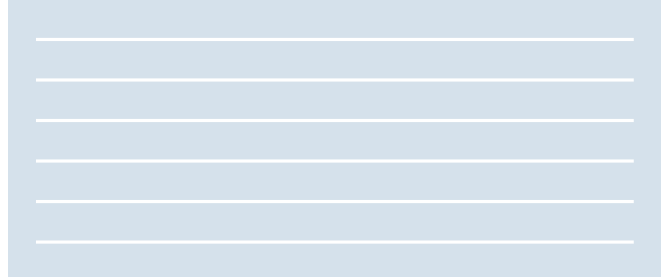
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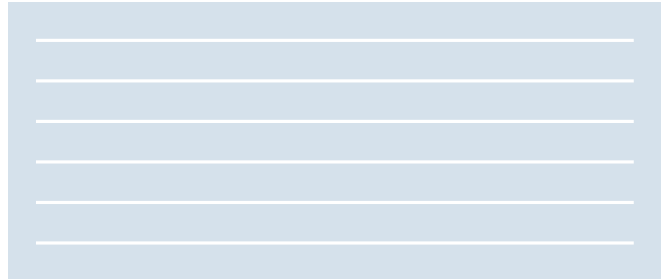
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# MARRIAGE CHECK UP QUESTIONS

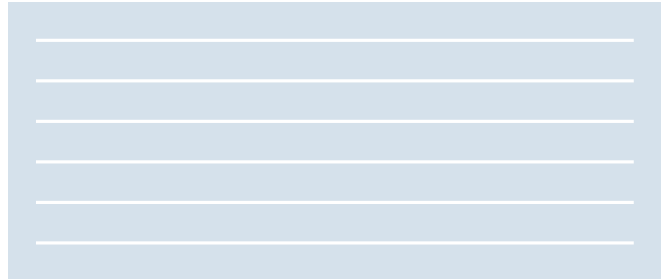
1) What aspect of our marriage is going well? Be specific. Celebrate your answers!



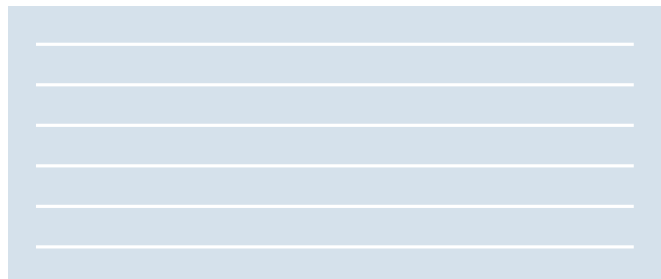
2) What 1 or 2 aspects of our marriage do we want to work on this next year? (examples: communication, intimacy, time together, service )



3) How can we improve our intimacy? (Ask your spouse- How can I make this aspect of our marriage more enjoyable for you? We recommend limiting this to 1-2 ideas and to keep in mind your spouse's comfort level.)

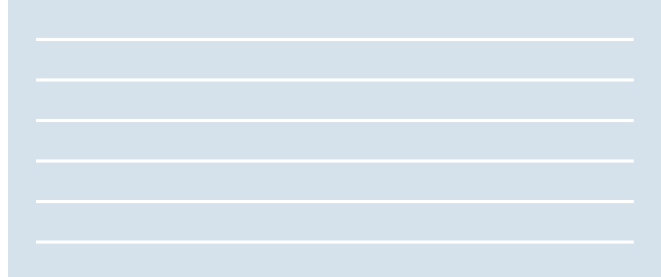


4) What is something I can do to serve you better? (examples: help with dishes, give them an hour of free time, iron their clothes, etc.)

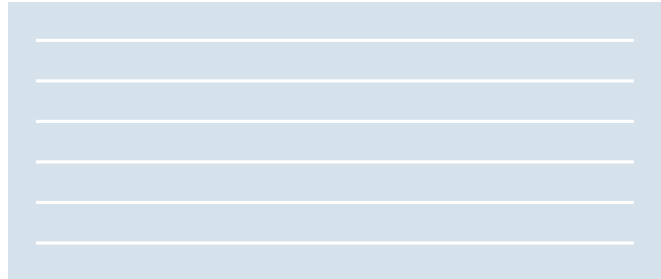


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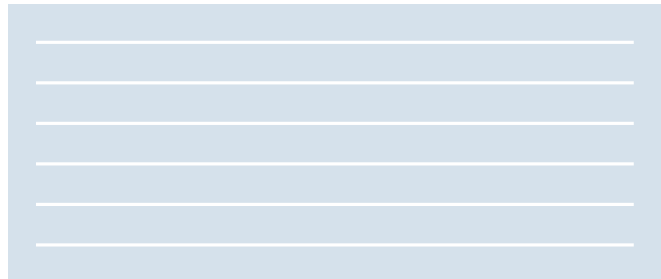
5) How can we make date nights a priority this year? (Check out our blog for more ideas on this.)



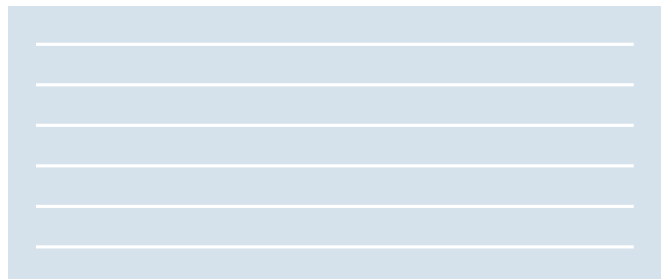
6) How can I speak your love language better? (If you don't know your spouse's love language, take the 5 Love Languages quiz online.)



7) How can we invest in our marriage this year? (examples: time away together, books to read together, podcasts to discuss, marriage videos to watch or conferences to attend.)

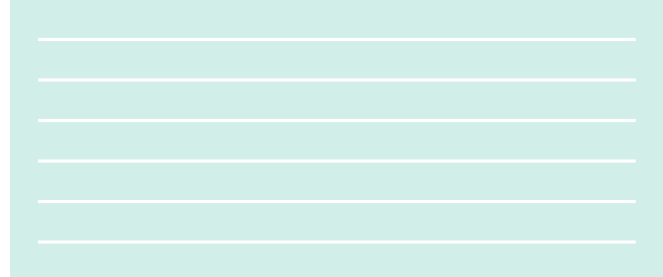


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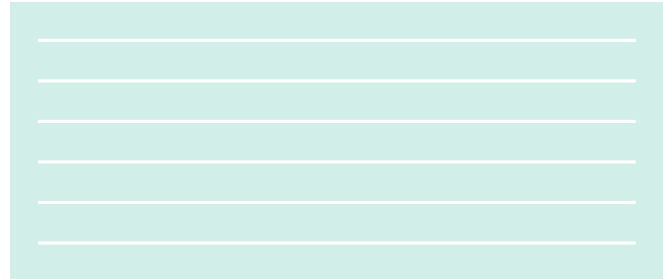


# PARENTING QUESTIONS

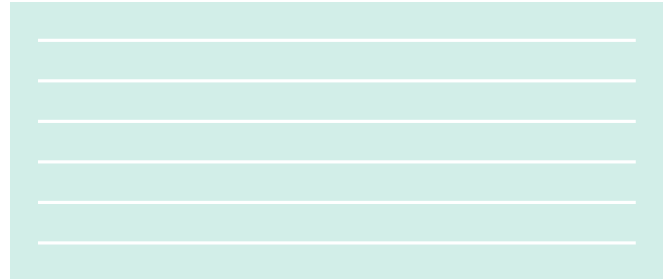
1) What new topic(s) do we want to explore and teach our children? (Examples: Think about their gifting and interests and also new things you want to expose them to. The topics can be in the areas of nature, history, sports, music, the arts or others that are important to you.)



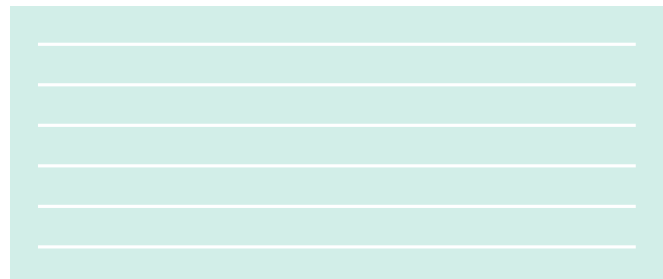
2) What character trait(s) do we want to develop or strengthen in our child? (Remember: At times we can come up with several but it is important to pray about what the Lord wants you to focus on for this year. Only He knows what their heart is ready to hear and learn.)



3) How can we speak our child's love language better? (Check out the 5 Love Languages for Kids quiz online if you don't know which language is their primary.)

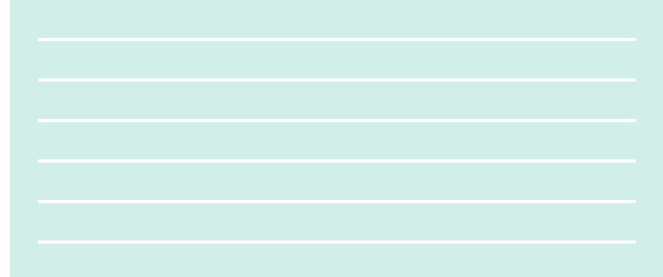


4) What area of their spiritual development do we want to focus on this year? (examples: teaching them common Bible stories or reading a book of the Bible, learning about the Armor of God, prayer, worship, Christian worldview topics, etc.)

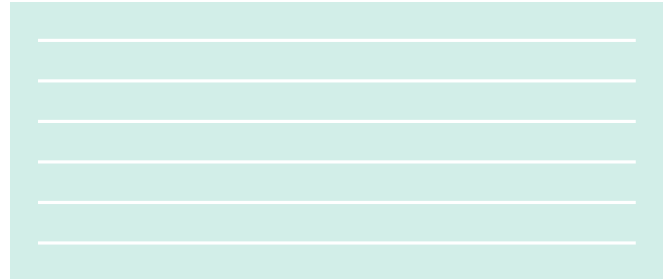


# FAMILY TIME QUESTIONS

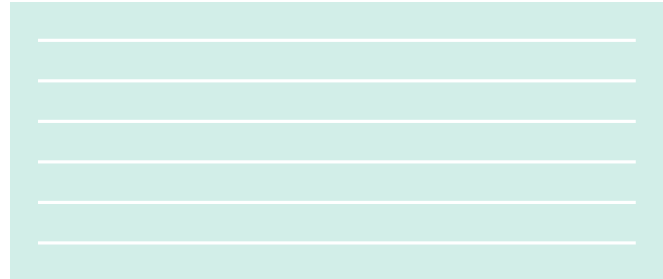
1) What activities do we want to do together as a family? (examples: meals together, bike riding, game night, family devotional, etc.)



2) Who do we want to invest in by inviting them over or spending time with them? (You can have a list for the family and a separate one for each individual.)



3) What vacations or outings do we want to do this year? (examples of outings: museums, nature centers, hikes, concerts, trampoline park, etc.)



4) Where can we serve this year in our church, neighborhood, school and/or city?

