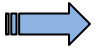


MY 90 DAY INTENTIONALITY PLAN



Step One: How I've Done in the Past 90 Days

Raising Protection - Examples

- 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 from the office, sat down to chat, took walks together, or some other time of focused, on-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 physical intimacy) and/or verbal affirmation (words of appreciation, admiration, affection) frequently
- Other: _____

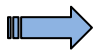
Lowering Risk - Examples

- Took steps to reduce risk to my marriage in areas I know myself to be vulnerable (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 after each conflict with my spouse.
- Other: _____

How I've Done - Scorecard

Circle the item that best describes your level of intentionality over the past 90 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



Step Two: What I'll Do in the Next 90 Days – I commit to...

Raising Protection - Suggestions

- Schedule a date night at least twice monthly
- Pray with my spouse at least twice per week – helpful book: Two Hearts Praying as One (Dennis & Barbara Rainey)
- _____
- _____

Lowering Risk - Suggestions

- Take steps to reduce risk in areas I know myself to be vulnerable by establishing and/or maintaining boundaries, increasing accountability, etc.
- Admit when I'm wrong and apologize and/or forgive after each conflict with my spouse
- _____
- _____

SIGN: _____ DATE: ____/____/____