



MY 90 DAY INTENTIONALITY PLAN

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

Raising Protection - Examples

- o Had a "date night" twice or more per month to focus on one another without the children
- o Wrote a note, gave a flower or some other tangible expression of love at least twice per month
- o 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
- o Prayed with my spouse (other than saying grace over a meal) at least twice per week
- o Demonstrated meaningful touch (hugs, kisses, caressing, and physical intimacy) and/or verbal affirmation (words of appreciation, admiration, affection) frequently
- o Other: _____

Lowering Risk - Examples

- o 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.
- o Made a consistent effort to take care of myself physically and emotionally to be the best lifelong partner I can be
- o Admitted I was wrong and apologized and/or forgave after each conflict with my spouse
- o 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

- o Schedule a date night at least twice monthly
- o Pray with my spouse at least twice per week – helpful book: Two Hearts Praying as One (Dennis & Barbara Rainey)
- o Initiate and practice "Couch Time" for at least 10 minutes daily to catch up on each other's world
- o Sign up and attend a RockPointe Married Life event or class: rpc.fm/marriage
- o Other: _____

Lowering Risk - Suggestions

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

Sign: _____ Date: _____

