

Here are a ton of questions to help you think through the past year and the years to come. Don't feel like you need to go through all of them by a certain time. Some of them are very hard questions to think through.

We hope these worksheets help you get an idea of what you're trying to do as a family, and how you want to spend your days, weeks, and months.

Most importantly, we want to figure out our WHY, because that will shape everything else.

By the way...

If you find yourself sad about where your family finds itself today, it's okay to take some time and sit in that sadness, grieving time lost and relationships damaged.

But don't forget...

**YOUR FAMILY'S  
STORY  
ISN'T OVER.**

# VISION

## DAYDREAM ABOUT WHAT COULD BE

When you were a child and you thought about raising kids someday, what did those daydreams look like? (If you didn't think about this when you were a kid, that's okay.)

What do your daydreams about family life look like today?

What's something that your own parents/caregivers did well when they were raising you?

Do you know any families that seem to be doing it "right"? What's so attractive about them? What are they doing differently than many other families you see?

When your kids are in their twenties and having dinner with other people their age, how do you hope they would describe their childhood?

What kind of relationship do you hope to have with your kids when they are old enough to have kids (and even grandkids) of their own?

What is a small change of circumstances that would have a very positive impact in helping you achieve your vision? What steps would need to happen to make that a reality? (If it's truly out of your reach, you are not alone. Even within this limitation, may you find greater and deeper comfort and even freedom.)

# MISSION

## WHAT WE'RE LIVING FOR

What motivates you (personally) when you wake up every day? What are you living for?

Think about each of the kids in your care. What motivates each of them? Do they have any goals or dreams, not just for their grades or sports or careers, but for the trajectory of their whole life?

Where does that sense of mission come from? Now that you're slowing down to think about it, are there any ways you might be misguided or on the wrong track?

What would your kids say is most important to you?

What are some sources that can help you stay motivated in your mission, inspire you, guide you, and challenge you?

Do you know anyone who is a true role model, who has actually lived in circumstances similar to yours? Are you able to get mentorship or advice from them?

*If you find yourself sad about where your family finds itself today, it's okay to take some time and sit in that sadness, grieving time lost and relationships damaged. But don't forget...your story isn't over.*



## OUR FAMILY MISSION:

It's really helpful to step back and figure out what your roles are and the 4 most important jobs you're called to right now.

Then ask, what does that role expect of you?

Role examples:

Father, Husband, Data Analyst, Coach  
Mom, CEO, Homemaker, Friend  
Daughter, Sister, Student, Dog-Walker

When you see your four most important roles, do they match the actual priorities in your heart and with how you spend your time?

Next we'll set goals for each family member in areas such as Health, Spiritual (or emotional), Relational, and Work (or school or homemaking.)

"Effort" goals are usually more successful in the long-term than "results" goals.  
("Working out 4x" a week is probably a better goal than "losing 20 pounds.")

Included are a couple sample pages for inspiration. May you set good goals and meet them!

# ROLES

WHO ARE WE CALLED TO BE?

1.

2.

3.

4.

1.

2.

3.

4.

1.

2.

3.

4.

1.

2.

3.

4.

1.

2.

3.

4.

1.

2.

3.

4.

Fill out one per family member. Feel free to extend this exercise to close relatives and friends, too!

# SAMPLE GOAL #1

## HEALTH

### Begin every morning with stretching

- Do it right next to my bed before I even get dressed
- Start with three poses a day...downward dog, triangle pose, bridge?
- Do Youtube yoga videos with the kids
- Ask Jeff to do this with me each morning
- Bonus goal: stretch at nighttime too?

## SPIRITUAL

### Pray for 15 mins a day

- Make the corner of my room by the window my prayer space and keep a pillow and basket with my prayer journal
- Set a timer if I need to
- Keep record of answered prayers
- Figure out best time to pray...maybe while the kids are brushing teeth/getting dressed?

## RELATIONAL

### Read aloud to the kids every day

- Use the recommendations on Readaloud Revival...take breaks between chapter books to just read really good picture books?
- Read after dinner and before bed, in the living room?
- Let June play with Duplos on the rug and the other kids can work on handicrafts? Or, just serve popcorn while we read?

## WORK

### Make dinner 5x a week

- Figure out 8 recipes that I know I can cook, and make them on a cycle
- Move around the budget so we can spend a little more on groceries if needed
- Double everything we make and freeze?
- Invite Amy to do this with me and we could send each other pics of our dinners

# SAMPLE GOAL #2

## HEALTH

### Learn to enjoy 2 new vegetables

- Possible options: okra, cauliflower, beets, turnips?
- Try them prepared in a different way...maybe sauteed instead of boiled?
- Ask Mom if I can read a book while eating them to distract me (until I get used to them)
- Ask Renee to do this challenge with me

## SPIRITUAL

### Keep a gratitude journal

- Buy a line-a-day journal for the next five years
- Every day, write down at least 3 things I was grateful for
- Buy a gratitude journal for Liam so we can do this together

## RELATIONAL

### Check in with Grandma every day

- Set an alarm on Mom's phone to text her every day at the same time...maybe after her dialysis? 10:45 am?
- Send her pics (and selfies) of us kids, our artwork, what we're into
- Maybe make our summer vacation a road trip that includes a stop in Michigan so we can see her?

## WORK

### Get an A in math

- Watch more Khan Academy videos until I really get it
- Ask Mom to print off extra practice sheets for me
- Do math homework when I'm most focused...first thing when I get home from school?

# GOALS

AND HOW WE'LL GET THERE

HEALTH

Blank writing area for Health goals.

SPIRITUAL

Blank writing area for Spiritual goals.

RELATIONAL

Blank writing area for Relational goals.

WORK

Blank writing area for Work goals.

Blank writing area for additional goals.

Blank writing area for additional goals.

Fill out one per family member. Feel free to extend this exercise to close relatives and friends, too!



# RHYTHMS

## HOW WILL WE SPEND OUR DAYS?

Without extra money or a change of circumstances, what do you dream that your family's days could look like? What do you wish you had time to do?

Do you have a true day of rest each week? If not, how might your family be better off if you did?

Write down each of your family's weekly commitments (school, karate, church, etc.)

What would your ideal weekly day of rest look like for the family?

What would you have to do in order to be able to truly rest on that day?

What are some lies you might have been believing about some of these commitments? Are they necessary? Do they give life to your family and help you accomplish your family's mission?

Once you establish healthy rhythms for your family, how will you enforce them?



# (A SAMPLE)

WHAT FAMILY RHYTHMS COULD BE FOR YOU

## MONDAY

### **Laundry + Readaloud Day**

*burrito bowls*

## FRIDAY

### **Catch-Up Day**

*Mediterranean*

## TUESDAY

### **Park Day**

*roasted vegetables + fish*

## SATURDAY

### **Home Projects Day**

*fancy meal*

## WEDNESDAY

### **Friends Day**

*new recipe or freezer meal*

## SUNDAY

### **Day of Rest**

*breakfast for dinner*

## THURSDAY

### **Deep-Cleaning Day**

*leftover buffet*

*Now it's your turn!*

# OUR WEEKLY RHYTHMS

DESIGNING OUR WEEKS

MONDAY

FRIDAY

TUESDAY

SATURDAY

WEDNESDAY

SUNDAY

THURSDAY