**MY FAMILY RULE OF LIFE PLAN**

**EXAMPLE**

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| **Category** | **Objectives/Goals** | **Initiatives/Tactics to Accomplish Each Goal** | **Current Status Report** |
| **Family Disciplines, Practices and Habits** | 1. Eat dinner together at least 5 nights a week
2. Schedule a weekly family devotional and prayer and share time
 | 1. Agree as a family each Sunday on the nights we will eat together during the coming week
2. Agree as a family each Sunday on the day and time we will pray and share together during the coming week and who will lead
 | 1. Been more of a challenge than I thought. We are averaging closer to 3-4 times a week
2. So far so good…everyone is cooperating and participating
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| **Family Relationships** | 1. Spend more quality time with each child
2. Keep in touch better with my extended family
 | 1. Each month take each child to their favorite restaurant
2. Each Sunday afternoon place a phone call to a different extended family relative
 | 1. On Track
2. A bit hit or miss. Finding Sunday afternoon may not be the best time
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| **Family Experiences** | 1. Take one extended family vacation to a location we have never been
2. Participate in a family mission trip
 | 1. Schedule a family meeting to brainstorm locations and dates
2. Contact the church Missions Department for ideas
 | 1. Disney World over Christmas break was the consensus
2. A family led VBS in the Florida Keys in June looks like the best option
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| **Responses to Your Family Life Experiences** | 1. Work on my confrontational approach with my daughter
2. Increase the depth of my conversations with my spouse
 | 1. Seek first to understand her position by asking questions; seek third alternative solutions
2. Agree to meet with a therapist or church counselor; attend a marriage seminar
 | 1. Slowly but surely this approach is creating more win-win scenarios
2. We have agreed to meet monthly with our church counselor and attend the church’s annual marriage enrichment retreat
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**Family Disciplines, Practices and Habits:** Things you routinely do to connect with and draw closer to your family

**Family Relationships:** The people in your family you relate with most frequently

**Family Experiences:** Encounters, trips, outings, and adventures done together as a family

**Responses to Your Family Life Experiences:** Reactions to interactions, circumstances, challenges and opportunities with family members