

A WIFE LIKE ME

MARRIAGE & FAMILY REVIEW

AN APPRAISAL OF PAST AND CURRENT + PLANNING AHEAD FOR SUCCESS

Reason

We all go into marriage and family with the hope of it being successful. We likely have a picture of how our marriage and family will operate and the culture that will define these relationships within our homes. However, we often find ourselves going through the motions, failing to have clearly defined marriage and family values to frame our unique culture, with a plan to implement these tactics.

Purpose

The *Marriage & Family Review* will help you reflect and assess the areas of personal, marital, and familial strengths and weaknesses, as well as develop a clear plan to implement change in key areas which will move you toward the desired outcomes. The *Marriage & Family Review* can be used as an ongoing tool to help you move forward as an individual, couple, and family.

With the *Marriage & Family Review* you will discover

- Personal areas of strength and weakness and make a plan for improvement
- Areas of marital strength and areas for growth and create a plan for change
- Family values and culture with a clear plan to weave them into your family

Before You Begin

If at all possible, plan to get away from your regular routine to a place where you are able to be free from distractions. Because of the nature of the questions, some couples may feel it is difficult to “complete” the *Marriage & Family Review* in one shot. This is fine, and don’t let this discourage you! Simply schedule follow-up chunks of time, such as additional date

nights out of the house (or at home once the kids are in bed) to continue working through the questions. It doesn't matter the speed you work through these, it is just helpful to continue working through them!

Expect the entire *Marriage & Family Review* to take up to 4-8 hours of your time.

*If your spouse is not open to engaging in the *Marriage & Family Review*, don't let that stop you from completing it on your own. You will find great benefit from completing this and planning for the season ahead.

WORD OF CAUTION: This exercise is meant to strengthen you, your marriage and your family, not to cause division. Before you begin, please read the following statement out loud:

We are completing this Marriage & Family Review to bring us closer together in our marriage and as a family. Anything shared through these discussions is shared to strengthen relationships. If at any time emotions get heated or conversation turns from healthy to unhelpful, we both agree to put the Review away and plan another time to continue. We mutually agree to both share and receive difficult things so that we can be a stronger family unit and glorify God in our relationships and home.

PART ONE - INDIVIDUAL PILLARS

HUSBAND

Instructions: Both husband and wife individually complete the section for husband before discussing together. Husband first shares his self-reflection, followed by the wife sharing input.

Pillar	Doing Well	How to Improve	Plan for Change
Spiritual Wellness			
Emotional Wellness			
Physical Wellness			
Nutritional Wellness			
Community Support & Friendships			

Personal Development and/or Ongoing Education			
Community Investment and/or Volunteering			
Personal Habits and/or Self-Discipline			
Work/Life Balance and/or Time Management			
Financial Responsibility and/or Maturity			

WIFE

Instructions: Both husband and wife individually complete the section for wife, before discussing together. Wife first shares her self-reflection, followed by the husband sharing input.

Pillar	Doing Well	How to Improve	Plan for Change
Spiritual Wellness			
Emotional Wellness			
Physical Wellness			
Nutritional Wellness			
Community Support & Friendships			

Personal Development and/or Ongoing Education			
Community Investment and/or Volunteering			
Personal Habits and/or Self-Discipline			
Work/Life Balance and/or Time Management			
Financial Responsibility and/or Maturity			

PART TWO - MARRIAGE PILLARS

Instructions: Work together as a couple to complete this section.

PILLARS	Going Well	Needs Work	Plan For Change (be detailed & include times of day, # of days a week/month, what is needed, etc.)
Shared spiritual growth			
Partnering in service together			
Mutually satisfying intimacy			

Spending enjoyable time together			
Financial giving to the Kingdom			
Communication (tone, conflict cycles, encouragement, support, etc.)			

PART THREE - DETERMINING FAMILY VALUES

Instructions: Work together as a couple to complete this section.

Step 1: Separate your list into two categories. Place a circle around “Most Important Values” – Category A. Then, strike through your “Less Important” values – Category B.

Step 2: Take your choices from Category A and reduce them down to your Top 10 Most Important Values.

Step 3: Now, reduce your Top 10 Values to your Top 5 Values.

Step 4: Finally, reduce your Top 5 Values to your Top 3 Values and write them at the bottom.

List of Values with Descriptions (or add your own)

- **Structure** — *Having organization, formality, processes, and systems in place*
- **Balance** — *Balancing time and effort between work, home, schedules, and hobbies*
- **Wisdom** — *Using good judgments, deep understanding, insight, and knowledge*
- **Trust** — *Firm reliance on the integrity, ability or character of a person or thing*
- **Family** — *Being with family, both quality and quantity of time*
- **Fun** — *Playfulness, ability to laugh and express humor, joking*
- **Change** — *Looking forward to and valuing change, continuous improvement, doing things differently*
- **Integrity** — *Words and deeds match up. I am who I am, no matter where I am or who I am with*
- **Faith\Religion** — *Belief in a higher power*
- **Teamwork** — *Cooperative effort by a group or team*
- **Loyalty** — *Faithful to a person, an ideal, a custom, a cause, or a duty*
- **Quality** — *A standard of excellence*
- **Creativity\Innovation** — *Thinking outside the box; trying new ways of accomplishing a goal*
- **Efficiency** — *Producing results in a timely manner with minimal waste, expense, or unnecessary effort*
- **Legacy** — *Making a difference today with tomorrow in mind, succession*
- **Knowledge** — *Subject matter expert, educated via experience or study*
- **Competence** — *Possessing the skill, knowledge, and ability to effectively perform*
- **Growth** — *Investing in lifelong learning, personal development, self — education*
- **Communication** — *Sending and receiving clear information, lacks misunderstanding*
- **Recognition** — *giving and receiving acknowledgement for achievements*
- **Authority** — *Possessing power over decisions, people, assets*
- **Passion** — *Intense emotional excitement, boundless enthusiasm*
- **Achievement** — *Aspires to the highest levels of excellence*

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- **Status** — *Holding a position of importance, high standing, or prestige*
 - **Effectiveness** — *Executing with precision to achieve results*
 - **Customer Satisfaction** — *Achieving excellence in customer satisfaction*
 - **Simplicity** — *Lack of complexity or complication*
 - **Independence** — *Free from the influence, guidance, or control of others*
 - **Diversity** — *Respecting a variety of cultures/lifestyles*
 - **Volunteerism\Service** — *Serving the community, non-profit organizations*
 - **Accountable** — *Takes responsibility for both actions and outcomes*
 - **Commitment** — *Being bound emotionally or intellectually to a course of action, dedication*
 - **Fitness** — *Being physically fit; optimal well-being*
 - **Money/Wealth** — *An abundance of valuable material possessions, riches*
 - **Urgency** — *Fast paced, swift, action oriented*
 - **Compassion** — *Sympathetic concern for the misfortunes of others*
 - **Curiosity** — *Desire to know or learn something*
 - **Leadership** — *Possessing skills which motivate others to follow*
 - **Fairness** — *Treating people and being treated equally*
 - **Courage** — *The willingness to take calculated risks and step outside of one's comfort zone*
 - **Honesty** — *Being truthful, sincere*
 - **Hospitality** — *welcoming guests into home, learning skills involved with inviting others into home*

Top Three Family Values:

1. _____

2. _____

3. _____

PART FOUR - CREATE A STRATEGIC FAMILY CULTURE PLAN

Instructions: Work together as a couple to complete this section. Insert your Top 3 Values below, followed by key strategic ways to live these values out in your home. Begin with a brainstorming session and write down ideas. Then, finish by choosing concrete ways you will live out the value in your family.

Example: If Hospitality is a Family Value, a plan to implement this into your family culture may be to begin 'Taco Tuesdays', when every Tuesday a different family is invited into the home to build relationships and teach children how to interact and host guests.

Value #1: _____

Brainstorming Notes:

Plan to Implement:

Value #2: _____

Brainstorming Notes:

Plan to Implement:

Value #3: _____

Brainstorming Notes:

Plan to Implement:

PART FIVE - CULTIVATE KEY RELATIONSHIPS

Instructions: Work together as a couple to complete this section.

Discuss parent-child relationships and any other important relationships that need building:

Create a plan to implement intentional time within these relationships, such as one-on-one time with each child (how often, when, for how long):

ADDITIONAL QUESTIONS:

What is coming up in this next season that may be taxing/stressful? How can we best plan and prepare for this, both individually and together?

How can we audaciously ask/pray for God's blessing/favor?

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