

Your Man Plan

Identify a few steps you will take over the coming 120 days to pursue your calling as a man.

As a Son...

Suggestion: Send a note of thanks to your parents

As a Husband...

Suggestion: Send one love note per week to your wife

As a Father...

Suggestion: Start a weekly family time routine

As a Grandfather...

Suggestion: Text, email or write a note of encouragement to each grandchild about his/her spiritual journey

For additional ideas on becoming intentional at home, stop by the HomePointe Center.

THE MAN PLAN

Pursuing Your Heroic Call



Tools For Men

Man Appraisal

How intentional have you been during the past 120 days?
Check all that apply.

As a Son...

I have honored my father and mother by...

- Showing them appropriate respect
- Expressing gratitude for their investment in me
- Taking initiative to support myself financially
- Fostering spiritual disciplines in my life
- Establishing my own home/family

As a Husband...

I have loved my wife "as Christ loved the church" by...

- Having a "date night" twice or more per month to focus on her needs and connect relationally
- Writing a note, giving flowers or initiating some other tangible expression of my love at least twice per month
- Calling during the day, sitting down to chat, taking walks together or creating some other non-task driven communication routine at least three times per week
- Praying with my wife (other than saying grace over a meal) at least twice per week
- Demonstrating meaningful touch (hugs, kisses, caressing) and/or verbal affirmation (words of appreciation, admiration, affection) at least once per day

I have taken steps to protect my marriage by...

- Establishing or maintaining boundaries and accountability in vulnerable areas such as sexual temptation, a bad temper, office relationships, time away from home, demeaning language, substance abuse, etc.
- Making a consistent effort to take care of myself physically and emotionally to be the best lifelong partner I can be
- Apologizing and/or forgiving before going to bed after a conflict

As a Father...

I have invested in my children's faith by...

- Doing something special with each child (hobby, ice cream date, movie night, etc.) at least twice per month
- Connecting relationally with my children (texting, chatting, helping with homework, eating dinner together at the table, etc.) at least once per day
- Creating or capturing an occasion within the home for passing my beliefs and values to my children (family time activity, mealtime conversation, bedtime reading, etc.) at least once per week
- Praying with my children (including meals, bedtime, etc.) at least five times per week
- Apologizing and/or forgiving before going to bed after a conflict

As a Grandfather...

I have influenced the next generation's faith by...

- Doing something to foster a relational connection with my grandchildren (wrote a note, hobby, ice cream date, phone chat, etc.) at least once per month
- Doing something intentional to directly (with grandchildren) or indirectly (assisting the parents) help my grandchildren inherit a strong spiritual legacy at least once in the past 120 days

Your Manly Grade

Grade your level of intentionality over the past 120 days.

- A** Exceedingly Manly
- B** Better than the Average Joe
- C** The Average Joe
- D** Fairly Passive
- F** Pretty Pathetic

