

# YOUR MAN PLAN

IDENTIFY A FEW STEPS YOU WILL TAKE OVER THE NEXT MONTH TO PURSUE YOUR CALLING AS A MAN.

## AS A SON...

**Suggestion:** Send a note of thanks to your parents

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## AS A HUSBAND...

**Suggestion:** Send one love note per week to your wife

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## AS A FATHER...

**Suggestion:** Start a weekly family time routine

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## AS A GRANDFATHER...

**Suggestion:** Text, email or write a note of encouragement to each grandchild

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For additional ideas on becoming intentional at home, stop by the campus HomePointe Center or visit [homepointe.org](http://homepointe.org)

# THE MAN PLAN

## PURSuing YOUR HEROIC CALL





# MAN APPRAISAL

HOW INTENTIONAL HAVE YOU BEEN DURING THE PAST COUPLE OF MONTHS? 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 or texting during the day, sitting down to chat, taking walks 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 (hugging, kissing, caressing) and/or verbal affirmation (words of appreciation or 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 (writing a note, hobby, ice cream date, phone chat, etc.) at least once per month
- \_\_\_\_\_ Doing something intentional to directly (with grandchild) or indirectly (assisting the parents) help my grandchildren inherit a strong spiritual legacy at least once in the past couple of months
- \_\_\_\_\_ Praying for my grandchildren at least five times per week

## YOUR MANLY GRADE

GRADE YOUR LEVEL OF INTENTIONALITY  
OVER THE PAST COUPLE OF MONTHS.

- A** Exceedingly Manly and I need to keep it up.
- B** Better than the Average Joe and I need to step it up.
- C** The Average Joe and I need to ramp it up.
- D** Fairly Passive and I need to start improving.
- F** Pretty Pathetic and I need to get to work.