Goal Setting Weekend – Married Couples

Planning The Weekend

Friday Evening

Begin your planning weekend with a relaxed, unstructured evening. Don't try to make any plans or set any goals; rather, simply enjoy spending time together. Take time to pray together: prayer is what will make the difference between a weekend of wishful thinking (or selfish dreaming) and one that allows you to focus on purposeful, deliberate God- given goals and strategies for your lives.

Saturday Morning

Take time apart from one another to go through the Goal-Setting Questionnaire (try and focus on those that are most relevant or your own specific questions). As you answer the questions, think about which ones matter most to you and how they might eventually translate into specific goals. Feel free to revise the questions or add different ones that might apply to your individual relationship and circumstances.

Lunch Break

Take a break from the questionnaire and relax. Go for a walk or enjoy some other kind of recreation before you start your afternoon session.

Saturday Afternoon

Complete the questionnaire (if you haven't already done so) and get together with your spouse to compare notes. Are there questions or issues that matter to both of you? Are there obvious differences in the things that each of you sees as important? Talk through your answers and conclude your time with prayer.

Saturday Evening

Put your questionnaires on the back burner and let the information "simmer" while you and your spouse enjoy dinner, recreation, and romance.

Sunday Morning

After breakfast, spend some time praying together and reading a passage of Scripture. This can be a formal devotional time, planned in advance of your weekend, or an impromptu worship experience.

Get out your questionnaires, along with the Goal-Setting Worksheet. Your job is to use the answers recorded on your questionnaires as a springboard for prayerfully developing goals in the six major categories: Spiritual, Financial, Marriage, Family, Social, and Physical. Again, adapt this worksheet to meet your own needs; not every couple will want to pursue goals in each of these six areas, and there may be other categories (such as vocational or intellectual goals) that you want to concentrate on.

Resolve to set (and pursue) at least one goal in each category. It will help if you write your goals in terms that can be measured or quantified: For example, in the Financial category, your goal may be "To get our of debt within the next three years" or "To establish a college savings plan for our children and contribute at least XX dollars each month for the next eight years."

Break for lunch on Sunday, and then continue your goal-setting if you have more information you want to cover.

Goal-Setting Questionnaire

The questions and categories listed on this questionnaire are not meant to be all- inclusive. Adapt, ignore, or supplement them as you need to. Don't try to pinpoint any "right" or "wrong" answers; rather, use this document as a catalogue of ideas to jump-start your goal-setting process and help you understand and appreciate your spouse's thoughts and priorities. Record your answers on a separate sheet of paper.

Financial Questions

1. Do I feel comfortable with the amount of money we make?
2. Is there anything we can do to improve our financial situation?
3. Do we have an adequate amount of life insurance? What about home, health, and auto coverage? Do I know how to locate and use the policy information?
4. Do we need to reduce our taxes? Are we under- or over-withholding?
5. Are we giving away the right amount or percentage of our income? Are our gifts being used for the right purposes or organizations? When is the best time for us to give–weekly, monthly, or on some other schedule?
6. How much debt do we have? Is this an acceptable amount? Since we try to get out of debt, or avoid it altogether?
7. How much are we saving? How much should we be saving? What are we saving for? How often should we set money aside, and where should we put it?
8. Why are we investing? How much should we invest? Am I comfortable with how our investment portfolio is allocated? Should we be more (or less) aggressive in our investment approach?
9. How much should we spend on things like our house, our vacations, our cars, etc.?
10. Do we want to send our children to private/Christian school? How much will that cost? How much are we willing/able to spend on a college education for our children?

Marriage Questions

1. Is our marriage headed in the right direction? Are we growing closer and is the relationship maturing?
2. Am I meeting my spouse's emotional, physical, and intellectual needs?
3. Is my spouse meeting my emotional, physical, and intellectual needs?
4. Do we clearly communicate with one another?
5. Should we go out more often, or make more time for romance?
6. Do I tell my spouse "I love you" often enough? What do I do or say to show my love?
7. What can we do to improve our sexual relationship?
8. What do we want our marriage to look like five years from now?
9. What do I see as the husband's primary responsibilities in the marriage relationship?
10. What do I see as the wife's primary responsibilities in the marriage relationship?

Family Questions – if you have children

1. How many children would we like to have?
2. Do we consistently and properly love our children?
3. Do we consistently and properly discipline them?
4. What are the most important character traits we want to see our children develop?
5. What rules do we want to establish for our children at home and in public?
6. Where should we go on vacation? How should we spend weekends and other leisure time?
7. Does our devotion to our children interfere with or hamper our marriage relationship?
8. If something were to happen to us, who would we want to serve as the guardian for our children? Have we provided for our children through a Will?
9. Do we support one another in front of our children?
10. According to the following passages, what are the main responsibilities of parent and children? Col. 3:20-21; Heb. 12:5-11; Prov. 3:11-12; Eph. 6:4.

Spiritual Questions

1. Am I spending consistent, quality time with the Lord? Is my spiritual relationship stagnant or progressive?
2. Should we have family devotions? What should they look like?
3. Am I providing spiritual encouragement for my spouse?
4. Should we be more involved in personal evangelism?
5. Are we active in our church?
6. What are my primary spiritual gifts?
7. What are my spouse's primary spiritual gifts?
8. Are we effectively using these gifts for the Kingdom of God?
9. What can we do to improve our prayer life, individually and as a couple?
10. What should our ministry focus be?

Social Questions

1. Is there a proper balance between my time spent at home and away from home?
2. Should we entertain more?
3. Should we be making an effort to get to know more people?
4. Are there any specific people I would like to get to know better?
5. Are we involved in our community, schools, and/or social organizations?
6. Are we over-committed to social, athletic, or other activities?
7. Do our children demonstrate wisdom when choosing their friends?
8. Do we demonstrate wisdom when choosing friends and social activities?
9. Are there people in the church and neighborhood that we should help, befriend, and care for?
10. Is our home an inviting place for our friends and our children's friends to gather?

Physical Questions

1. How can I improve my eating habits?
2. How can we improve our family's eating habits?
3. Are we getting enough exercise?
4. Is my spouse getting enough exercise?
5. Are our children involved in athletic or physical activities?
6. Are there any skills or sports I want to learn (i.e., to play the piano, speak French, or play tennis)?
7. Do I need to lose/gain weight?
8. Is there anything I should do to make myself more attractive to my spouse?
9. Are there any athletic goals I want to pursue (i.e., being able to run a mile–or a marathon)?
10. What can I do to encourage or enable my spouse to meet his/her physical