

Our Intentional Check In



Rate how well you are doing together in each area.
1= not well to 5 = doing great!

PLAY ____ **PRAY** ____ **PLAN** ____ **PURSUE GOD** ____ **PRESS ON** ____

Catching Up	1
<ul style="list-style-type: none">• Our “win” for last week was ____• Take turns completing the sentence “You did a great job ____”• Ask each other, “Do I owe you an apology for anything?”	

Our Vows	2
<ul style="list-style-type: none">• When is our next date night?• When can we pray together?• Are we current with our budget?• In what ways can we pursue God?• Are our outside relationships helping or hurting our marriage?	

Our Schedule	3
<ul style="list-style-type: none">• Upcoming appointments:• Upcoming events:• What kind of self care do you need?	

Around our House	4
<ul style="list-style-type: none">• What chores need to be done?• What big projects need completing?• Who is going to do what?• Is there a deadline?	

Our Buckets	5
<ul style="list-style-type: none">• What do you need physically?• What do you need emotionally?• What do you need spiritually?• What do you need sexually?• Other	

Notes	6

The Vow we are focusing on this week

Our intentional action step is

One way I’m going to fill my spouse’s bucket

One thing we are thankful for

Something we are looking forward to