

DREAM



VISION JOURNAL

Take back your WITH by Dreaming WITH!



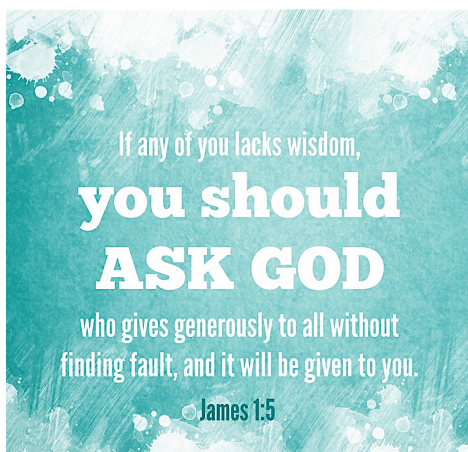
If you were to shoot an arrow into the forest without aiming at anything, the chance of hitting a deer is very unlikely. In the same way, if you go through life and marriage without intentional direction, the chance of ending up where you would

like to be is unlikely. Invariably, many people quit due to feeling like they aren't getting anywhere. Instead, they can realize they just need to intentionally aim your marriage.

Habakkuk 2:2 says, "Then the Lord answered me and said, 'Write the vision and engrave it plainly on [clay] tablets so that the one who reads it will run.'" So, you are going to write a clear mission statement and goals for you as individuals, your marriage and your family so you can run well.

As we are told in James 1:5, begin this process by praying for wisdom to find God's vision.

WARNING: The enemy would prefer you not dream about an intentional vision for your marriage and family. Therefore, be ready for the attacks.



Remember the enemy IS real, but it is NOT your spouse.



*Setting goals
is the first step
in turning the
invisible into
the visible.*

We hear a lot about the importance of goal-setting, but most of us don't have clear and measurable goals to work toward. According to a study done by Gail Matthews at Dominican University, those who wrote down their goals accomplished significantly more than those who did not write down their goals.

A Forbes.com blogger, Ashley Feinstein, blogged about four steps to creating clear and measurable goals.

Create a Vision

The first step to creating a goal is to figure out what you want. If you don't know what you want, you don't know what you need to achieve to get there. This is actually the fun part. You get to dream. What do you really want to create for yourself? What does the ideal life look like? Don't be afraid to think big.

Make it Measurable

Take your vision and turn it into a written list of concrete goals. If in your ideal world you are working for yourself, one of your goals might be to start your own company. Choose an achievable time frame to accomplish your goals as well as measurable details so you know exactly when you've achieved them. What exactly does it mean to start your own company? Make sure to set yourself up for

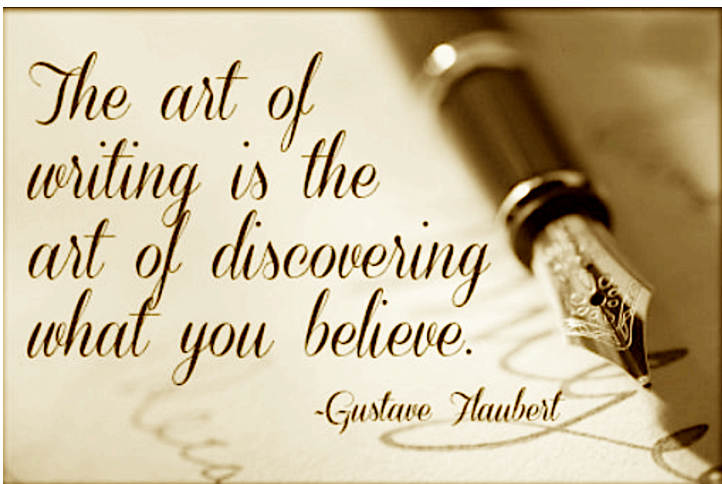
a specific time frame.

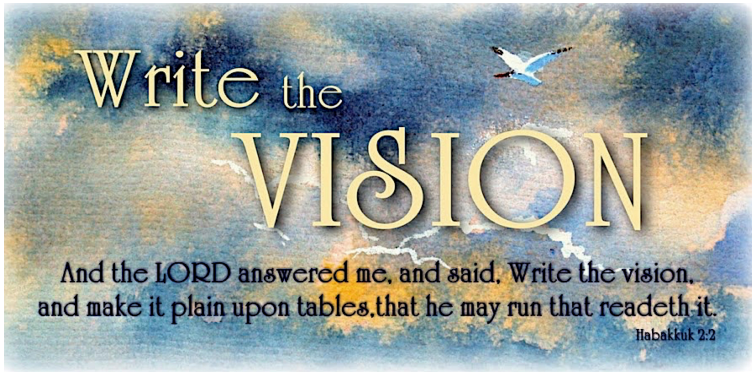
Set Benchmarks

Most of our goals are a build-up of small achievements, sometimes even years of many small successes. Break your goals into small actionable steps and assign realistic time frames to each. Continue to break big steps into smaller and smaller steps until goals seem less daunting and achievable. Benchmarks are a great way to keep you on track. You may find you are moving more quickly or slowly than you expected. That's not a problem, you can adjust!

Celebrate Your Success

I believe the most important part of goal-setting is celebrating our successes. How will you reward yourself for hitting your benchmarks along the way? How will you celebrate once you've reached your goal?





Here are some questions to begin dreaming about. The answers to these questions should make it easier to identify and create the visions and goals:

1. Why did God put us together?
2. What kinds of things do we want people to say about us at our funeral?
3. Are there any words of correction or direction that God is speaking to us in any area?

4. What are our most deeply held values and beliefs?

Does our life reflect those values and beliefs?

5. What character traits do we think need to be manifested more in our life to reflect God more accurately? What practical thing can we put in place to work on this trait?

6. What are our gifts and passions? Are we doing something to serve others with those gifts and passions?

7. What would our marriage and family look like if it really turned out well?

8. Write down 3 words that describe the house/family environment that we want to have. What can we implement TODAY to make our home feel that way?

9. What role does our family play in God's kingdom?

10. What do we want our family to look like in five years? In ten years?

11. What memories do we want our children to hold dear? What specifically do we need to do, change or eliminate from our lives for this to become a reality?

Define specific goals and vision (as individuals, the marriage, each of the children/grandchildren and the family) in the following areas:

Spirituality

a. vision _____

b. goals _____

c. specific plans/actions _____

Service to God (time, talents, treasure...)

a. vision _____

b. goals _____

c. specific plans/actions _____

Romance & Sexual Intimacy

a. vision _____

b. goals _____

c. specific plans/actions _____

FINANCES

a. vision _____

b. goals _____

c. specific plans/actions _____

WORK & CAREER

a. vision _____

b. goals _____

c. specific plans/actions _____

PERSONAL & FAMILY TIME MANAGEMENT & STRESS REDUCTION

a. vision _____

b. goals _____

c. specific plans/actions _____

In-laws & Extended Family

a. vision _____

b. goals _____

c. specific plans/actions _____

SOCIAL & FRIENDSHIPS

a. vision _____

b. goals _____

c. specific plans/actions _____

HEALTH & FITNESS

a. vision _____

b. goals _____

c. specific plans/actions _____

Home / Housework Roles & Responsibilities

a. vision _____

b. goals _____

c. specific plans/actions _____

What day each month are you going to sit down with each other and this journal to review your vision and goals and evaluate your progress? Celebrate the victories and assess those that are not progressing to adjust those goals as needed.

That's it! We pray that this has proved useful as you have worked at turning your VALUES into a true VISION for your family with measurable goals!

It's great to do this exercise once a year, because circumstances change, and God is always talking to us about new things. So evaluate on a regular basis at your time listed above, and make sure that the way you live your life actually reflects your values--and leads your children towards them, too.

Enjoy the process.

BE AWARE OF THE PROGRESS YOU ARE MAKING EACH AND EVERY DAY, AND REMEMBER THAT YOU CAN FIND JOY AND CONTENTMENT AT ANY STAGE OF THE PROCESS.



All In Marriage



Premarital ~ Enrichment
Crisis ~ Stepfamily
www.allinmarriage.com