



Worksheet #1: Catch a Vision

The goal of this activity is to help you catch a vision for what matters most to you as a parent. It's taken from Stephen Covey's book, *The Seven Habits of Effective People*.

- **Step 1** – Block off at least 30 minutes of time you can be alone.
- **Step 2** – Pray the Holy Spirit will give you vision and guide your mind.
- **Step 3** – Grab your journal and do “**The Funeral Exercise**” below.

In your mind's eye, see yourself going to the funeral of a loved one. Picture yourself driving to the funeral home or chapel, parking the car, and getting out. As you walk inside the building, you notice the flowers, the soft organ music. You see the faces of friends and family you pass along the way. You feel the shared sorrow of losing, the joy of having known, that radiates from the hearts of the people there. As you walk down to the front of the room and look inside the casket, you suddenly come face to face with yourself.

This is your funeral, **10 years** from today. All these people have come to honor you, to express feelings of love and appreciation for your life. Are you mentally there? Here's the assignment: Imagine your children stand to speak about what your life meant to them. In your journal, write the eulogy you hope they share. It may help to consider the following questions.

- What kind of parent do they say you were?
 - What did they gain about God and faith from you?
 - What special memories do they have of you?
 - What truths did they learn from you?
 - What values did you pass down?
 - How do they describe your character?
 - What contributions did you make in their lives?
 - What achievements of yours do they remember?
 - What difference did you make?
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We want to parent with the end in mind. The goal of this activity is to help you catch a vision of what the end looks like. In this eulogy is your definition of parental success. Now that you are done with the hard part, there are three more steps.

- **Step 4** – Reflect on the eulogy. What did you learn about your values, goals, and hopes as a parent?
 - **Step 5** – Consider where your values could better reflect the values of Jesus and Scripture.
 - **Step 6** – Share with your spouse and a close friend/mentor this week.
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Worksheet #2: Catch a Vision

The goal of this second activity is to help bore down on your vision for what matters most to you as a parent. It's like the funeral exercise but a bit more focused. It's adapted from Jon Tyson's book, *Intentional Father*.

- **Step 1** – Block off at least 30 minutes of time you can be alone.
- **Step 2** – Pray the Holy Spirit will give you vision and guide your mind.
- **Step 3** – Grab your journal and do “**The Leaving Home Exercise**” below.

(For those with adult children, a great alternative is to change the exercise and envision the next big milestone of your kid's development – “The Wedding Day Exercise”, “The Becoming a Grandparent Exercise”, “The 40th Birthday Exercise”. How have you parented them toward what's next?)

I want you to envision the day your kids leave the home. It's a moment that is coming for you sooner than you think. One day, you're going to hug them and watch them leave. Maybe they will walk out of the house. Maybe you will walk out of a dorm room. Maybe you are at an airport and they are boarding a plane. As you part ways, you feel the sadness that comes from the end of an era. You also feel confident. You have prepared them well. You have developed in them the knowledge, skills, and character they need to thrive.

Are you mentally there? Here's your next assignment. Articulate why you feel confident. What have you done to prepare them? A way to personalize this based on your own kid(s) is to imagine them saying the following:

Knowledge

- Thank you, Dad/Mom, I know _____ about God because of you.
- Thank you, Dad/Mom, I know _____ about life because of you.
- Thank you, Dad/Mom, I know _____ about myself because of you.

Skills

- Thank you, Dad/Mom, that I can _____ because of you.
- Thank you, Dad/Mom, that I got to experience _____ because of you.

Character

- Thank you, Dad/Mom, I am _____ because of you.

Relationships

- Thank you, Dad/Mom, my relationship with God is _____.
- Thank you, Dad/Mom, my relationship with you is _____.

We want to parent with the end in mind. In this vision is your definition of parental success. Now that you are done with the hard part, there are three more steps.

- **Step 4** – Reflect on your answers. What did you learn about your values, goals, and hopes as a parent?
 - **Step 5** – Consider where your values could better reflect the values of Jesus and Scripture.
 - **Step 6** – Share with your spouse and a close friend/mentor this week.
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Worksheet #3: Identify Your Values

Now that you have caught a larger vision for what parenting success looks like to you, it's time to clearly identify your highest values.

- **Step 1** – Block off at least 30 minutes of time you can be alone.
 - **Step 2** – Pray the Holy Spirit will give you vision and guide your mind.
 - **Step 3** – Grab your journal, Worksheet #1 and #2, and do “**The Luke 2:52 Exercise**” below.
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Luke 2:52 is the best and only real summary we have of Jesus' development as a child. Luke writes:

“Jesus grew in wisdom and in stature and in favor with God and all the people.”

This is a helpful four-fold framework for identifying the values we should be aiming for as parents.

1. **Wisdom** – What are the key truths you want them to understand about God, life, and themselves?
2. **Stature** – What is critical for them to gain regarding their physical development, mental wellness, emotional health, and family history?
3. **Favor with God** – What do you want to be true of their relationship with God?
4. **Favor with Others** – What do you want to be true about how they relate with others (like you, the opposite sex, friends, the church, elders/authorities, enemies, etc.) and how they contribute to society?

Fill in the diagram below. Try to narrow down your answers to five or less for each column.

Wisdom	Stature	Favor with God	Favor with Others

- Step 4 – Reflect on your answers. What did you learn about your highest values as a parent?
- Step 5 – Consider where your values could better reflect the values of Jesus and Scripture.
- Step 6 – Share with your spouse and a close friend/mentor this week.

Worksheet #4: Develop A Plan

Based on your vision and highest values, it is time to develop a practical plan for the next year.

- **Step 1** – Block off at least 30 minutes of time you can be alone.
 - **Step 2** – Pray the Holy Spirit will give you ideas and guide your mind.
 - **Step 3** – Grab your journal, Worksheet #1, #2, #3, and do “**The Planning Exercise**” below.
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We have identified three important categories of activity that will help you operationalize your vision and values. Feel free to add more categories as you see fit. This is a good starting point.

1. Small Habits – These are the regular rhythms you will build into your days.
2. Big Moments – These are the memorable experiences you will plan into your year.
3. Key Relationships – These are the specific relationships you will encourage and nurture.

Using your values from Worksheet #3, fill in the diagram below. What small habits, big moments, and key relationships can you develop to bring your values to life? Here is an example for each.

1. Small Habits – If one of your values is “Love for the Bible”, you could start a daily devotion time.
2. Big Moments – If one of your values is courage, you could plan an epic trip designed to pull your kid out of their comfort zone.
3. Key Relationships – If one of your values is servanthood, you could ask a trusted friend with a servant-heart to take them to their work one day or mentor them regularly.

	Wisdom	Stature	Favor with God	Favor with Others
Small Habits				
Big Moments				
Key Relationships				

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- **Step 4** – Come back to this several times this week. It takes lots of creativity.
 - **Step 5** – Plan this with your spouse and like-minded friends. You can share ideas.
 - **Step 6** – Ask our pastors for help! This is why we are here.
 - **Step 7** – Commit to this plan for six months. Calendar it. Budget it. Evaluate it.