



WEEKLY MEETING

Step 1: Prayer

Start by inviting God into your week. Pray over time together, your marriage, your kids, and the upcoming week.

Step 2: Set Goals For The Week

Pick one shared goal to focus on as a couple or family.

Step 3: Finances

Do a quick budget check and talk about any upcoming expenses.

Step 4: Schedule

Run through your calendar, sports, work, school, commitments, who is responsible for the kids, etc.

Step 5: Brain Dump and Delegation

Write down everything in your heads, prioritize what needs to happen this week and then divide tasks fairly.

Step 6: Reflection and Gratitude

This week I loved when..

One parenting or marriage win was...

One thing we need to work on is...