

## FAMILY TIME EXERCISE

1. Recall Peak family experiences. Think of 1 or 2 “peak experiences” which your family enjoyed.
2. Time Robbers: Some people rob your money. What or who robs your time? Discuss your biggest time robbers. What can you do about them?
3. Sixty Seconds can change a life! What could you do in 60 seconds that could change someone’s life in a positive way or bring joy to them?
4. Meaningful family activities. What kind of meaningful activities can families enjoy together?

### Personal Intentionality

My Time Covenant

- I have decided to take \_\_\_\_\_ minutes daily for spiritual growth.
- I choose to take more quality and quantity time with my family.

My Time Covenant ...

- I want to simplify my life and “return to the essentials” so I can have more meaningful relationship time.

My plans are \_\_\_\_\_.

### My Family time plans are for:

- \_\_\_Spiritual growth
- \_\_\_More fun activities
- \_\_\_Family exercise
- \_\_\_Family vacations
- \_\_\_Family council time
- \_\_\_Working together

Families that play together stay together!

### Personal Time Essentials

**Which of these are essential to you? List other important points.**

- \_\_\_Start the day with God - read the scriptures and pray
- \_\_\_Set my priorities for my daily life
- \_\_\_Make life time goals and work towards them
- \_\_\_Daily record at least 6 positive things to do and try to complete them
- \_\_\_Protect myself from “Time Robbers”
- \_\_\_Simplify my life—do the essentials
- \_\_\_Plan to do at least one thing good for someone else daily
- \_\_\_Take time to follow the Health Rules – exercise, drink water, eat fruit and vegetables
- \_\_\_Set aside time for relationships with husband/wife, children and friends
- \_\_\_(If a parent), plan time for being a “Hands-on-Parent” - give time for children’s needs
- \_\_\_All family members set time for home routines and responsibilities
- \_\_\_Sleep 7 to 8 ¼ hours a day, children and teen sleep 9-10 hours
- \_\_\_Take time to rest on God’s Sabbath day
- \_\_\_Monthly, plan 1 day or ½ day holiday doing something special with family or friends.
- \_\_\_End the day with God
- \_\_\_Other \_\_\_\_\_