

INTENTIONAL YEAR PLAN
Blessing & Family Ministry, FFWPU - USA

Local Pastor's Name _____ Church Location _____ Date _____

BFM Rep/Mentor's Name _____ Position _____ Email _____ Phone _____

Couple's Blessing Date _____ Location _____

Husband	Wife
(print) Name (Last, First, MI): _____	(print) Name (Last, First, MI): _____
Phone (H): _____ (C): _____	Phone (H): _____ (C): _____
Email: _____	Email: _____
Address: _____ _____	Address: _____ _____
Is this your first Blessing? Yes No	Is this your first Blessing? Yes No
If "No" Explain: _____	If "No" Explain: _____

Children	#	Name	Age	Gender	
	1.				
	2.				
	3.				
	4.				
	5.				
	6.				

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What Are You Already Doing?	
Critical Issues (infidelity, abuse, mental health, addiction, etc.) (support groups, 12-step groups, online support, professional, medical or psychological counseling etc.)	H
	W
Spiritual Conditions	H
	W
Marriage Counseling (pastoral or professional)	H
	W
Marriage Education and Enrichment (seminars, retreats, online education, reading, etc.)	H
	W
Family Support or Counseling (if needed)	H
	W
Other	H
	W

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DAILY SCHEDULE - HUSBAND AND WIFE - Option 3 (3 Hour Increments)

For example: HDH, Prayer, Bedtime, Mealtimes, Couple/Family Time, Work, School, Church Activities

		6 - 9	9 - 12	12 - 3	3 - 6	6 - 9	9 - 12
M	H						
	W						
T	H						
	W						
W	H						
	W						
Th	H						
	W						
F	H						
	W						
S	H						
	W						
Su	H						
	W						

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Intentionally Investing into Our Marriage And making small goals for improvement	
Couple Time (at home)	Both:
Date Night (outside)	Both: Babysitter:
Mentor/Supportive Couple/Double Dates	H
	W
Personal Interest Groups	H
	W
Sunday Service/Church Activities	H
	W
Family Time (for parents only)	Both:
Workplace/School	H
	W
Internet/Video Games/Phone Use	H
	W
Serving Others	H
	W

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Monthly Meeting with your Pastor/BFM Rep or Mentor	
Date:	Month # _____
Husbands: What were your goals?	How did you do?
Wives: What were your goals?	How did you do?
Both: What were our goals?	How did we do?
What came up/what was hard?	Why?
Where did we not follow through?	What should we change?
Where did we do well? (Small Victories!)	What should we keep?
New goals or adjustments - Husband:	New goals or adjustments - Wife:
New Goals - Both:	
5. When will we meet next month?	Date:

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