

# PERSONAL OR MARRIAGE INVENTORY

Here is a list of helpful areas of life to review (*annually? seasonally?.*) As you look over the list, there are certain items that will normally “*rise to the top*” that you realize could be thought about, discussed, prayed about, evaluated, adjusted, acted on, and/or changed in order to benefit you, your spouse, and your family. It is usually best to dedicate a block of time (*full morning, afternoon, or an evening*) or a day or weekend away to spend time going over some of these areas.

<b>PHYSICALLY</b>	<b>MARRIAGE</b>	<input type="checkbox"/> Conflicts?	<input type="checkbox"/> Groups needing help?	<input type="checkbox"/> Taxes?
<input type="checkbox"/> Healthy eating?	<input type="checkbox"/> Communications?	<input type="checkbox"/> Confession?	<input type="checkbox"/> Individuals needing help?	<input type="checkbox"/> Will & estate plan?
<input type="checkbox"/> Personal exercise?	<input type="checkbox"/> Intimacy?	<input type="checkbox"/> Forgiveness?	<input type="checkbox"/> Church needs?	<input type="checkbox"/>
<input type="checkbox"/> Aerobic-type exercising?	<input type="checkbox"/> Serving each other?	<input type="checkbox"/>	<input type="checkbox"/> Committees/Boards?	<b>HOUSING/AUTO</b>
<input type="checkbox"/> Weight goals and plans?	<input type="checkbox"/> Household?	<input type="checkbox"/>	<input type="checkbox"/> Special events or programs?	<input type="checkbox"/> Routine jobs decided upon? Delegated?
<input type="checkbox"/> Sleeping: Time to go to bed? Get up?	<input type="checkbox"/> Forgiveness?	<b>SPIRITUALLY</b>	<input type="checkbox"/> Teaching?	<input type="checkbox"/> Repairs needed?
<input type="checkbox"/> Public sports & rec?	<input type="checkbox"/>	<input type="checkbox"/> Church?	<input type="checkbox"/> Counseling?	<input type="checkbox"/> Improvements?
<input type="checkbox"/> Meal times?	<b>CHILDREN</b>	<input type="checkbox"/> Daily Bible devotions?	<input type="checkbox"/> Discipling?	<input type="checkbox"/> Furnishings?
<input type="checkbox"/> Menu plans?	<input type="checkbox"/> Spiritual well-being?	<input type="checkbox"/> Devotions as a couple?	<input type="checkbox"/> Helping?	<input type="checkbox"/> Seasonal tasks & projects?
<input type="checkbox"/> Fasting?	<input type="checkbox"/> Health?	<input type="checkbox"/> Family Devotions?	<input type="checkbox"/> Physical/material needs of others?	<input type="checkbox"/> Special purchases?
<input type="checkbox"/> Family member's health, activities, and exercise?	<input type="checkbox"/> Problem areas?	<input type="checkbox"/> Bible study?	<input type="checkbox"/> Spiritual/emotional needs of others?	<input type="checkbox"/> Things to discard or give away?
<input type="checkbox"/>	<input type="checkbox"/> Personal “dates” with an individual parent?	<input type="checkbox"/> Scripture memory?	<input type="checkbox"/> Financial needs of others?	<input type="checkbox"/> Coming changes?
<b>SOCIALLY</b>	<input type="checkbox"/> Schedule?	<input type="checkbox"/> Prayer time?	<input type="checkbox"/> Social needs of others?	<input type="checkbox"/> Renovations?
<input type="checkbox"/> Get-togethers?	<input type="checkbox"/> Discipline problems?	<input type="checkbox"/> Witnessing/Sharing?	<input type="checkbox"/> Sharing our faith?	<input type="checkbox"/>
<input type="checkbox"/> Celebration events?	<input type="checkbox"/> Schooling?	<input type="checkbox"/> Outreach?	<input type="checkbox"/> Music?	<b>PURCHASES</b>
<input type="checkbox"/> Holiday plans?	<input type="checkbox"/> Tutoring?	<input type="checkbox"/> Service?	<input type="checkbox"/> Writing?	<input type="checkbox"/> Clothing?
<input type="checkbox"/> Family gatherings?	<input type="checkbox"/> Friends?	<input type="checkbox"/> Financial giving?	<input type="checkbox"/> Leadership?	<input type="checkbox"/> Housing?
<input type="checkbox"/> Out of town trips?	<input type="checkbox"/> Sports?	<input type="checkbox"/> Sabbath rest?	<input type="checkbox"/> Missions?	<input type="checkbox"/> Tools/equipment?
<input type="checkbox"/> Vacation options?	<input type="checkbox"/> Service projects?	<input type="checkbox"/> Journaling?	<input type="checkbox"/>	<input type="checkbox"/> Personal?
<input type="checkbox"/> Date nights?	<input type="checkbox"/> Clubs and activities?	<input type="checkbox"/> Worship?	<input type="checkbox"/>	<input type="checkbox"/> Transportation?
<input type="checkbox"/> Weekend getaways?	<input type="checkbox"/> Lessons (music, arts, dance)?	<input type="checkbox"/> Bible study group?	<b>FINANCIALLY</b>	<input type="checkbox"/> Health?
<input type="checkbox"/> Neighbors?	<input type="checkbox"/> Purchases?	<input type="checkbox"/> Fasting?	<input type="checkbox"/> Spending plan?	<input type="checkbox"/> Education/training?
<input type="checkbox"/> Phone calling?	<input type="checkbox"/> Work projects?	<input type="checkbox"/> 7th year sabbatical plans?	<input type="checkbox"/> Giving plans?	<input type="checkbox"/> Furnishings?
<input type="checkbox"/> Correspondence?	<input type="checkbox"/> Coming special events?	<input type="checkbox"/> Spiritual retreats or special days of prayer?	<input type="checkbox"/> Budget plans?	<input type="checkbox"/> Kitchen?
<input type="checkbox"/> Christmas cards?	<input type="checkbox"/>	<input type="checkbox"/> Confession?	<input type="checkbox"/> Savings?	<input type="checkbox"/> Electronics
<input type="checkbox"/>	<b>VOCATIONALLY</b>	<input type="checkbox"/> Forgiveness?	<input type="checkbox"/> Debts?	<input type="checkbox"/> Ent/Rec/Sports
<b>INTELLECTUALLY</b>	<input type="checkbox"/> Present schedule?	<input type="checkbox"/>	<input type="checkbox"/> Investments?	<input type="checkbox"/> Children?
<input type="checkbox"/> Reading habits?	<input type="checkbox"/> Desires/Goals?	<b>SERVING OTHERS</b>	<input type="checkbox"/> Record-keeping plan set-up?	<input type="checkbox"/>
<input type="checkbox"/> Books to read?	<input type="checkbox"/> Relationships?	<input type="checkbox"/> What are my, yours, our gift(s), talent(s), and interest(s)?	<input type="checkbox"/> Records up-to-date?	<b>OTHER</b>
<input type="checkbox"/> Further education?	<input type="checkbox"/> Changes?	<input type="checkbox"/>	<input type="checkbox"/> Problem areas?	<input type="checkbox"/>
<input type="checkbox"/> Special classes?	<input type="checkbox"/> Problems?	<input type="checkbox"/>	<input type="checkbox"/> Insurance?	<input type="checkbox"/>
<input type="checkbox"/> Conf's/seminars?	<input type="checkbox"/> Future schedule?	<input type="checkbox"/>		
<input type="checkbox"/>	<input type="checkbox"/> Income matters?			
	<input type="checkbox"/> Coming changes?			

Helpful websites to strengthen your marriage or family: [www.familylife.com](http://www.familylife.com) [www.iquestions.com](http://www.iquestions.com) [www.family.org](http://www.family.org)