

A photograph of a rugged mountain peak, likely Mount Athabasca, with a paper overlay. The paper has faint, ghosted text from another document, including "SUOMI", "OCEAN BIRD", and "1904". The mountain is partially covered in snow and has a steep, rocky slope. The sky is a pale, hazy blue.

# GOALS SUMMIT GUIDE

ABRAHAMS WALLET





## GOALS SUMMIT GUIDE

Once a year (usually at the end of the year), get away with your spouse and re-dream what you're doing with your family. This guide will help you do that with excellence.



### To prepare, gather:

1. An itemized budget summary of your last year—or the best you've got
2. An overall financial summary that includes all your assets and debts
3. Printouts of your last 12 months' calendar(s), and
4. Any written goals you may have from last year.

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Then get yourself:

5. 3 days and 2 nights at a hotel, and
6. This guide.

That's all you're gonna need, my friend. (I'm assuming you're getting away at lunchtime on a Friday, and will be back home on Sunday before dinner—and that you've got childcare taken care of so that you and the missus can devote yourself to this important time away. Freely adjust this timeline if you have more time than that.)

**The 4 components of the Goals Summit are**

**Review,  
Dreaming,  
Planning,  
and Consecrating...**

and this is going to be some of the best fun you have with your spouse all YEAR, guaranteed.





# DAY I

(FRIDAY AFTERNOON)

## Review

This day is given to review. Pull out your budget summary, financial summary, calendar printouts, and goals list. Now ask: what happened? Just to help the conversation along, and give you space to make notes (which you'll need later), here's a few questions:



What happened, this past year, Spiritually?

(Think: personally, in our family, and in our larger community of faith. Each matters.)

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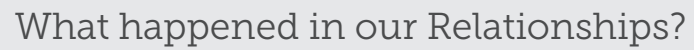
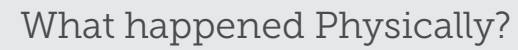
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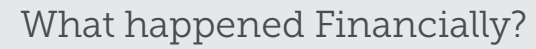
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[illegible][illegible]



[illegible][illegible]



What did God protect this past year?

[illegible]

How did God provide in this past year?

[illegible]



Now, attempt to summarize:  
What did God do in us, our family, and  
our influence this year?

(That can be a daunting task, but basically... what's the flavor left in your mouth after looking at everything on the previous pages?)

[illegible]

# ABOUT TONIGHT

In my experience, the above conversation takes the whole trip getting to wherever we're headed, all that afternoon, and spills into dinner. Which is fine. Just please ensure that dinner does feel like an actual break--enjoy each other! Hey, you're out! This is a time of celebration! God's been extremely good to you! And you have one another! Get some dessert, by gar. And a little decaf after. (You can spike it if you need to.)

Finally, before bed, pray thanks to God for those things that stood out to you as you reviewed. In this last year, God has never stopped being your Father, Shepherd, Master, Provider, Friend, and Guide. Praise Him for His greatness in your life!

If you need any help with this one, there's a sample prayer on the next page.





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## A POST-REVIEW PRAYER OF THANKS

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God, thank you for your faithfulness to us, the \_\_\_\_\_ family, throughout this past year. Thank you for helping us through (greatest trial of the year) and sustaining us by Your mercy and power. When we experienced (greatest victories of the year), it was because of Your kindness and faithfulness. Deuteronomy 8 says that You give us the ability to make money, so thank you for (jobs and other earning opportunities) over this past year. Even our faith is a gift from You, so we praise You once again for letting us know You and seek You in our home. Knowing You is the greatest blessing of life, and You are the One Who gives us that gift. We praise You!

Your Word says that You cause the sun to rise, You cause our hearts to beat, and every good thing comes from You. You have not only kept the universe pulsing with life, but You've given specific gifts JUST to our home and family. Thank You for loving us so specifically, so carefully, and so well. We praise You as our Everlasting Father and our Good God.

And LORD, thank You for our marriage. You chose us for one another, and You knew just how to combine our gifts and callings into a specific vision for this family. Thank you for entrusting us with (areas of growth) in this past year. As your children, we want to steward these things well!

This past year has given us infinitely more reasons to trust You, worship You, and love You. Thank You for what You've done, are doing, and will do in us! We thank You for this Summit as well; may You be pleased by the dreams and plans we share here!







## DAY 2

(SATURDAY)

## Dreaming

Today, you'll dream and maybe begin planning around that. Try to hold off on being too executorial at the beginning; even if a dream sounds impossible ("I'd love us to move to a new city every six weeks!" "Uh, we have 6 kids under the age of 10..."), hear one another's hearts and let it lie. Be cool: Don't judge or critique and definitely don't scold ("Oh boy, again with the 'rebuilding a hot rod in the garage' nonsense....?!?" is... not a good look). Here's your day:



**Sleep in** or, if it invigorates you, take a brisk walk and watch the sunrise. For goodness' sake, take the time to have a tasty hot drink together and a nice, indulgent breakfast (and that doesn't always mean a thirty dollar plate of eggs benedict: sitting down around a McMuffin counts... and it's delicious)!

**Dream some** before lunch (we generally think of 10:30-3:30 as our "work day" and have fun after that. This might not work for you, so tailor your schedule accordingly. You might be tempted to be like "we haven't had our 2 hour lunch break...!", come 1pm. Don't be like that. Push through, get a light and quick lunch and keep the convo going. Remember the power of apps like Caviar and Postmates and Grubhub! You don't have to get up if you don't want to! Make them bring the foods to you!), and let the conversation ramble and go off into bunny trails.



We don't connect enough with our spouses on a heart level and this matters: it's why you're here! Slow down and actually practice the beautiful art of conversing. Here's a whole bunch of questions to get you moving in the right direction. You will not be docked points if you don't get through them all... but WRITE DOWN YOUR ANSWERS:

Our review from last night gave us a pretty helpful reference for what happened last year. So from what we now know, what should we definitely **STOP** doing?

(Could be anything, from any of the 5 capitals)

[illegible]

What should we **START** doing? We feel there's an itch here and we should scratch it!

[illegible]

[illegible][illegible]



Who are our Pauls (people who'll lead us),  
Timothys (people we'll lead) and Barnabases  
(people who'll walk beside us)?

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What does my spouse most need from me  
in this next year?

(Might be a good time for some apologies and repentance...!  
Be sure to LISTEN and don't defend yourself. Just  
LISTEEEEENNNNNNN.)

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What "five capital" patterns should we  
observe this next year as a couple?

(Think: spiritually, relationally, physically, intellectually, and  
financially.) These could be super varied; I'll give several  
examples for each capital:



### SPIRITUAL

1. Reconnect with our small group that's kind of fallen apart
2. Start scheduling! (not just hoping for) weekly prayer times together
3. Schedule and protect a Sabbath
4. Practice memory verses at bedtime with the kids. Shoot for 5 for the year.
5. Dad, get up 30min early 3x week and talk



### RELATIONAL

1. Do a monthly date night
2. Do a Family Fun Night every two weeks
3. Have lunch with a good friend (mom and/or dad) weekly
4. Put that double date with the couple you feel called to ON THE CALENDAR
5. Get regular time with that spiritual person you look up to



## PHYSICAL

1. Set weight loss goals together and put on the calendar when it'll happen
2. Family walks every Sabbath
3. Mom wants to join a softball team in the summer
4. Instill monthly Family Lawn Work Day (what happens in your physical space is physical)
5. Re-arrange the living room to be based around music and games and not the TV



## INTELLECTUAL

1. Get that training at work that you know you should but keep putting off
2. Mom get some lessons in her hobby
3. Dad get that pilot's license you've been dreaming of
4. Read 5 books together this year
5. Go to 3 public lectures this year



## FINANCIAL

1. Increase giving from 10% to 12%
2. Increase revenues/income by 10%
3. Save 15%
4. Give away \$100 in \$10 bills to homeless people this year
5. Spend \$300 treating friends to lunch this year

# YOUR TURN

Now you try! (You can use mine or spin off into whatever direction! Just DON'T STOP your spouse from dreaming and spinning off goals and hopes and dreams.) Don't even evaluate your dream goals right now, just capture them. This would be a great time to grab that financial summary, last year's calendar pages, and any goals you had last time around, too. Use them all as reference points going forward.

"Man, when I look at the whole year like this, I just traveled waaay too much. Let's cut that a bit... how does 2 3-day trips every quarter sound?"

"I don't like the looks of our giving when we look at the raw numbers. It feels like we give a lot, but not when you compare it to our eating out budget. Let's change that."

"Running that 5K last summer gave you so much energy... how about if we schedule one for the spring, summer and fall? Maybe we could make a weekend out of one together..."





## SPIRITUAL

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_



## RELATIONAL

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
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6. \_\_\_\_\_
7. \_\_\_\_\_
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## PHYSICAL

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
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6. \_\_\_\_\_
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## INTELLECTUAL

1. \_\_\_\_\_
2. \_\_\_\_\_
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## FINANCIAL

1. \_\_\_\_\_
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8. \_\_\_\_\_

I know that your time is going to drain away with amazing speed; it's like that when you actually re-connect with your heart and the spouse that God has joined you to forever! And that's a good thing!

But it also creates a time squeeze. I know, I know. But if you happen to feel like "we're all dreamed out!" and you still have some time before your 3:30-4pm hard stop (or whatever that is for you), you could start the process now of collecting what you've written in the pages above and editing around the question, "What's practically possible over the next year?" Praying for an hour a day is a great goal, for example, but if you presently pray 5 minutes a month, "practically possible" might mean 20 minutes every other day. Losing 150 lbs maybe sounds terrific, but let's dial those goals down into reality. Say "lose 30 lbs by Thanksgiving"... (but be

sure to put eating and exercise goals against that too if that's where you're headed).

For the evening, though, just get in a hygge mood ("hygge" is a Danish concept that encompasses a feeling of cozy contentment and well-being through enjoying the simple things in life: reading a book indoors on a rainy Sunday, or a cup of hot cocoa on a snow day, for example), settling into some food that gets you both excited (this is the "going all out" dinner, here... dress up dangit and make a good show of it. Talking to you, fellas), going to see a show perhaps, then getting dessert and drinks afterward. Then back in the room... I'll put it like this: when considering our Summit, my wife and I look for hotels with 2-person tubs... I mean, we're supposed to GET CLOSER as a result of this, right? Yeah!

(Look, I'm going to leave this "scented massage oil" right here, and I'm not going to check back to see if you took it or not. This is between you guys... but... we recommend you have a good time. WITH YOUR BODIES.)







## DAY 3

[SUNDAY]

### BEFORE YOU WORK



As long as I'm your tour guide this weekend, I'm going to have you find a local church Sunday morning and praise Jesus with the locals. You may love it (we are all so picky, odds are you will roll your eyes at many things), but if you do this, you'll inevitably find that:

- Being outsiders somewhere will be a bonding experience for you and your spouse
- You will appreciate the variety and texture of Christ's Body in other areas
- As a cross-cultural experience, your heart may be open in ways it wouldn't normally at home
- The Father may give you a word or a verse that applies directly to your Summit
- Putting your head in a different space is just refreshing, period. It's good for you.

After the church service, take in a quick meal, or pick one up, and get back to your room for your last session (and your most important one! Without this, all your dreams are a gloppy, uncooked casserole that ain't doing nobody no good).

Ready to jump back in?

# Planning

If you're the kind of person who loved the dreaming part, you might not love the "planning" part, because it's all about organization and spreadsheets and such (to which the Dreamer in me goes "grrrrr"). Well, as one of you dreamer types, and with love in my heart, I say... get over it. This is how we pull ripe dreams off the tree of ideas and slice them up into the delicious, aromatic cinnamonony pie of experience. (Is this too many food metaphors in a row? ...whatever I'm hungry.)

Now we're ready to get very practical. You've got a good idea of where your family is (are we exhausted, so rest is crucial right now? Do we need a new challenge? Is it time to take new ground? Or is just maintaining last year a good goal?), and a growing list of hopes and some goals in there too. Well heck, let's formalize this puppy! Time to make those ideas and possibilities either workable or put them back on the shelf. Here's how we're gonna do it: EVERYTHING you've listed can fit into one of 15 buckets. The 5 capitals, you know already. But you can get even more specific, diving into the following areas:



**PERSONAL** - Which of these goals are just for YOU taking care of YOU? They're something you want to experience or accomplish, and they're about your gifts or personality or whatever.



**FAMILY** - Which of these goals are for the whole family? Which will require a team effort to execute? Which will affect family culture, relationships, finance, etc.?



**OUT** - These are goals that are oriented around people or projects outside your family. This could include business goals, volunteering/giving goals, or anything else you do that builds into others or is community-oriented.

I'll further tease this out by just taking one one the capitals, Financial, and looking at what Personal, Family, and Out goals would look like for that capital...



## PERSONAL

Remember, this is a goal that's just about you, or just about your wife. It's not about the budget or about some big vision, necessarily. It's just something you're walking toward, between you and God. This could mean decreasing the amount you spend on alcohol, or earning more with your side hustle, or making your first real estate investment (which you would want to learn about first, which would be intellectual capital... but I digress).

Last year, for instance, our personal financial goals were simple: I wanted to give out \$500 in cash, over the course of the year. (Writing a check is easy, handing cash to somebody who you know needs it is a bit more awkward... but way more rewarding.) My wife's personal goal was to give the time monthly to prepare better for our summits (we have 3 a year, just to review the goals we created at the end of the previous year). Isn't that a great goal for a Sara-ish woman?! Anyway, you get the idea. You can have more than one, but you should have at least one. Come up with the goals in the "personal" bucket by asking: Where is God putting His finger in me, and how can I start practicing a new skill or growing an existing one?





## FAMILY

These are goals that affect your marriage and home, and will ultimately require a team effort to execute. These are the ones that require conversation and some strategy. They're also the most fun, to me, because they're about dreaming. As an example, our family's financial goals include spending limits, based on last year's summary (or, if this is your first year, an educated guess of what a responsible number would be), such as:

**Clothing** was a bit out of control for us two years ago. So it's on last year's goals sheet. We like where we're ending up, but we'll probably put that number down again (since it's probably my wife's favorite luxury).

**Food.** Holy moly the food. We love the foods up in my crib, and it's always something that has to be limited. We watch this closely and separate it from...

**Eating Out.** Because of Family Fun Nights and Date Nights (all covered in our "relationships" goals), eating out will never go away for our family. But we also know we can have a great time (and eat delicious food) on \$35 at Chipotle just as easily as we can spend \$200 at the Downtown Nosh House du Jour. So we set a number, break that into months, and follow it.

**Personal Care.** In my house, we're Big Fans of nail appointments, eyebrow appointments, hair coloring... you name it. I want that for my wife (and hey if I can get a massage after a big race, I'm all for that too!)... but we still need a dollar limit.

But of course life's about more than spending limits. We also have Family spending goals:

**Giving** is an important part of our family culture, and if something is important to you, it'll have hours and dollars connected to it. We have dollar amounts connected to important places we want to give, and we have an overall percentage that we aim for (my wife and I have been believers a long time, so we don't EVER consider a tithe an appropriate reference for giving. We want to give far above ten percent. This is very very fun work, coming up with these numbers.

### **Saving and Investing\*.**

As you'd imagine, we want these numbers to increase every year. My wife and I balance saving cash (we have a bit of a war chest that we grow incrementally), investing (both in the market and in small businesses with friends), and purchasing long-term Family Assets like property. You might not think of that as an investment (because it's not necessarily going to increase my bottom line every year), but we do: to us, an investment is something that I don't need to live on, that I hope will yield dividends for my grandchildren. Family assets like property fit into that definition quite well.

*\*Some of you won't think of saving and investing as "spending", but to me, every place where I put a dollar that is no longer under my control is spending.*

### **Spiritual growth**

Until a few years ago, I never even considered the idea of strategically putting money toward my family's spiritual development. Now, it's not only a value, it's a category for which we have an annual spending goal (and we also try to take a trip a year specifically to grow ourselves or our kids spiritually). Use that money right!

### Creative or business endeavors

In addition to being a wildly successful blogger (It's a joke!), I am a songwriter. Some years, this has earned me thousands of dollars and been my sole source of income. (And other years, I am sent dozens of cents by iTunes.) As my wife and I weigh the coming year, we ask, "What ventures will we want to invest time and money in?" Recording music, for example, isn't free, so we put that money aside. Similarly, if I want to write, we count on my not earning money while I do that.

After Personal and Family, our last bucket is -



### OUT: BUSINESS AND MINISTRY.

My wife runs a business we started (I am her sometime employee) and so we have goals there:

- Sales numbers
- Gross profit
- Profit margin
- Net profit
- Gross revenues
- Spending limits

It doesn't matter if you're running a factory or a lemonade stand, you should be looking at those numbers and talking about them as a family. (Speaking of the lemonade stand, my children aren't old enough to bring into the Summit fully, but I can't wait until we can! They won't make decisions with me and my wife—at least not the major ones—but they are being groomed into the repercussions of them, since my wife and I talk about them all the time.)

As for what we categorize as "ministry", we host, in our home, various kinds of Jesus-y meetings (including a big, fancy feed during Passover... pricey!), and I take guys to coffee nearly every week in an effort to make disciples. These things take money and, not only do I not want to be miserly about them, I WANT to put money toward them! But I have to plan for it. Isn't that true of all of our financial goals, really?

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So now you get how one capital, Financial, might look in Personal, Family, and OUT. On the next page is a sample of what our 15-bucket approach looks like. (Don't get overwhelmed! It's just like the above, but with each capital.) These are just example goals, but feel free to rip some off! As you look, notice:

- Each of these goals is measurable. We know if it happened or not. ("Be more loving" is NOT a good goal.)
- They are specific enough that I know what is expected of whom.
- Where we're specific (like our monthly grocery spending goal), it's come as a result of close observation and experimentation. Put something down and at least try it. You might have to adjust after a month or two... and that's okay!



	PERSONAL	FAMILY	OUT: SERVICE & PROFESSIONAL
SPIRITUAL	Me: spend 30min 5 days/wk with God	Make Sabbath a regular, protected habit	Me: Lead men's Bible study at work
	Wife: spend 30 min 3 days/wk with God	Attend deliverance conference together	Wife: host 6 ladies meetings in the year
	Me: pray about mission trip in spring	Visit our mentor John R this summer	Me: Discuss leading family with men weekly
	Wife: pray for Suzie down the street	Practice memory verses nightly	Me: Lead disciplemakers weekend twice
	Me: read through Old Test. This year	Read Bible daily at dinner	Wife: share the gospel with 2 coworkers this year
RELATIONAL	Plan & protect time together weekly	1 family trip for rest (no screens)	Dinner with (important client X) twice
	Protect 3 weekends for summits, just us	1 family trip for adventure	Lunch with every employee twice
	Plan & protect monthly date night	Family Fun Night every 2 weeks	3 business team days
	Get away for anniversary	Visit all cousins this year	Bonus/getaway weekend with team in Q4
	No screens after 9pm	Host grandparents every quarter	Book 2 new clients per month
	Me: lunch with friends weekly		Find new accounting firm
	Wife: lunch with friends monthly		Buy big Christmas gift for bosses, clients
	Wife: girls trip at some point this year		
PHYSICAL	Me: exercise 2x/wk; Wife: 3x	Start teaching golf to kids	Upgrade carpet at the office
	Wife: focus on strength training	Finish bathroom in basement	100 nights of guests at home
	Me: run 2 1/2 marathons	Look for tennis leagues we can enter as a family	Dad gone no more than 20 days for work
	Me <225; Wife <110	Family hikes (or outing) every 2 weeks	Mom gone < 8 Saturdays for work
INTELLECTUAL	Me: Study drywall, tile installation books	Enroll Kid A in Saturday school program	Host employee development program
	Wife: Read 5 books, 2 about education	Kids start learning about meal prep, helping	Win 3 awards, get 2 magazine features
	Me: Develop family vision & write it up	Read Little House books as a family	Develop Abraham's Wallet content
	Me: put aside quarterly strategy days		
FINANCIAL	Use Mint exclusively	Support (all our favorite charities) (how much?)	Sales goals at work
	Me: buy motorcycle	Equity review with investment bizzes	Generate positive cash flow at Abe's Wallet
	Me: give 500 cash	Budget goals for groceries, dining out, etc.	Biz gross profit goal
	Wife: P+L reports for summits	Lo Do Feb	Biz net profit goal
	Purchase family land	Giving, Saving, Investing percentage targets	Biz profit margin goal
		Finish multi-year giving commitment at church	Biz revenue goal





# OK:

On the next page is your blank sheet to populate. Take yesterday's lists and slot them all into their proper places... Go for it! (And remember that trial "vision statement" you scribbled out yesterday? ...well, write that at the top. Remember THAT'S YOUR MAIN THING this year and nothing should compete with or violate that. Everything should serve that Main Thing... you can also edit that statement as needed as you go.)

Also: don't get too fussy about where stuff belongs. Is "having a weekly lunch with my 12 year old son" a personal relational goal, or a family financial goal? ... uh, who cares. Just get it down there. Lastly, see to it that every box has at least something in there.

	PERSONAL	FAMILY	OUT: SERVICE & PROFESSIONAL
SPIRITUAL			
RELATIONAL			
PHYSICAL			
INTELLECTUAL			
FINANCIAL			

## CHECK THAT OUT!

Now look: they're all sitting there, right in front of you. Maybe it's exhilarating; maybe it's daunting. But take a deep breath and don't get overwhelmed: One thing we believe about goals and all the planning is that nothing's set in stone. These can always be amended. Lots of times people are too ambitious up front and you've got to dial it back as the months progress. Cool. Or maybe you get so energized you want to increase your goals. Also cool. Good news: this can be reviewed! Matter of fact, we encourage it. The aim right now is just to get your ideas in one place so you can work with them. And guess what, you did that. Nice one.

Now that you've got your goals all in one spot, I want you to put an X to the left of every goal that **should appear on your calendar**. So, "pray for Suzie down the street" won't necessarily appear on your calendar, neither will "stay under 225lbs". But "plan 3 weekends for Summits" definitely will! "Three quiet times a week" definitely will. "Family fun night every two weeks" definitely will. You get it. Now mark up your goals sheet.

Got that? Good. Now is the part that feels really fun to me: take the blank year-long calendar, and **put your plans in there** (I know, there are many, many things you can't know at this point. This is just a penciled-in year. And the weeks will change. I know. Just try it. Together). This is a seriously invigorating step because you start to think, "My dreams are seriously going to happen if I write them down on the calendar!!! COME ON!!!" and it's instant party time. Now you get to dream, with this year-at-a-glance in front of you, about which enriching conferences you'll attend, where your vacations and spiritual trips will be, when your summit/s for next year will be (we do 3 a year, and make our anniversary overnight one of our summits, btw), protect Passover and Sukkot (or whichever great annual rhythms you've come to love)... stick birthdays on there... And by the way, if Spiritual Capital is most important, it should be the FIRST consideration in your year. Then relational capital, then physical capital, etc. (Don't let some 5K race box out celebrating your dad's 75th birthday. That would be foolish.) Okay- do it!





# 2025

## January

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## February

Su	Mo	Tu	We	Th	Fr	Sa
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16	17	18	19	20	21	22
23	24	25	26	27	28	

## March

Su	Mo	Tu	We	Th	Fr	Sa
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## April

Su	Mo	Tu	We	Th	Fr	Sa
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			
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## May

Su	Mo	Tu	We	Th	Fr	Sa
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11	12	13	14	15	16	17
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25	26	27	28	29	30	31

## June

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## July

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## August

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## September

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## October

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## November

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## December

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Now that you've done that (fun right?), walk through JUST ONE WEEK in that year (a normal week: at home, without unusual obligations). What might that look like? If you've got a "Family Fun Night" planned for Thursdays... stick it in there! If you plan on 10 minutes of Bible and prayer on Sabbaths at 11am... stick it in there! Populate this just like the annual calendar: with spiritual capital first. That means protecting your Shabbat, quiet times, and any non-Shabbat spiritual training you're doing for yourselves or the children.

Then move on to relational capital... if you plan your week this way, your paid work will NOT run your life and family. Hallelujah! (If you didn't know, this is a major, major flaw of the American Dream Life. THAT "dream", which is about work-first, and maximum output all the time--which humans cannot healthily do--ends in destruction: divorce, addiction, greed, burnout, and isolation. F that nonsense.)

Now, as you fill the week up, if your week starts to feel stressful... pull some stuff out! Help each other with scheduling to make these goals happen. ("Well if you take the kids on Tuesday mornings, I could get that workout in... but I'll come home at lunch so you can do your bridge club...") Talk about it NOW: You'll find it refining and helpful. Ok do it- don't be afraid! Try!





# Family Weekly Rhythms

[illegible]



# Family Weekly Rhythms

[illegible]



Now, dangit, you're cooking.  
THIS is something to work  
with. You've got your year,  
just a draft of it, laid out.  
AND you've got a sample  
week laid out too! You can't  
wait to actually live out this  
terrific schedule, can you?!?  
(I know!)

**YOU HAVE DONE SIGNIFICANT WORK HERE  
AMIGOS. GOOD FOR YOU AND YOUR FAMILY!**







## Consecrate

Final thing! (As you might guess, I also love this part.) Once we have these precious docs in front of us, these fragile, hatchling hopes and goals and possibilities, that represent our dearest dreams for our home over the next year... we hand it all to Yahweh. We make our plans but it's HIM Who directs our steps. We ask that He'd give us the grace to see every one of these things to completion that pleases Him... and that everything that would displease Him would be frustrated, and would fail and fall away. Everything is laid before our Loving Master. And we boldly and earnestly ask for blessing! (May we do even better financially than we're planning! May we have even more impact in service! May we hit our physical goals and then some!) But we humble ourselves before God and ask for His blessing and guidance by His Spirit as we start to walk these plans out.

So the last thing I want you to do before you pack up and head for home is to physically lay your hands on these three sheets (the goals sheet, the annual calendar, and the week-at-a-glance), and pray to God. Consecrate (make holy unto Him alone) this coming year, and all these goals. Pray for your marriage to grow and strengthen during this year, and for your family to grow in godliness. Pray that these plans will SUCCEED (Yeah I said it. Don't say "if it's okay with you God it sure would be nice..." Say "LORD give this to us! We ask it for your sake! And we will pursue these things in Your Name!"). Read this passage aloud then pray aloud for your goals.



# FOR US

Psalms 1:

<sup>1</sup> Blessed is the man

Who walks not in the counsel of the ungodly,

✦ Nor stands in the path of sinners,

Nor sits in the seat of the scornful;

<sup>2</sup> But his delight is in the law of the Lord,

And in His law he meditates day and night.

<sup>3</sup> He shall be like a tree

Planted by the rivers of water,

That brings forth its fruit in its season,

Whose leaf also shall not wither;

And whatever he does shall prosper.

---

# FOR HER

After you've prayed for these goals, husband, put a hand on your wife, read this passage aloud, and pray for her:

---

Proverbs 31:

<sup>10</sup> Who[b] can find a virtuous[c] wife?

For her worth is far above rubies.

<sup>11</sup> The heart of her husband safely trusts her;

So he will have no lack of gain.

<sup>12</sup> She does him good and not evil

All the days of her life.

<sup>13</sup> She seeks wool and flax,

And willingly works with her hands.

<sup>14</sup> She is like the merchant ships,

She brings her food from afar.

<sup>15</sup> She also rises while it is yet night,

And provides food for her household,

And a portion for her maidservants.

<sup>16</sup> She considers a field and buys it;

From her profits she plants a vineyard.

<sup>17</sup> She girds herself with strength,

And strengthens her arms.

<sup>18</sup> She perceives that her merchandise is good,

And her lamp does not go out by night.

<sup>19</sup> She stretches out her hands to the distaff,

And her hand holds the spindle.

<sup>20</sup> She extends her hand to the poor,

Yes, she reaches out her hands to the needy.

<sup>21</sup> She is not afraid of snow for her household,

For all her household is clothed with scarlet.

<sup>22</sup> She makes tapestry for herself;

Her clothing is fine linen and purple.

<sup>23</sup> Her husband is known in the gates,

When he sits among the elders of the land.

<sup>24</sup> She makes linen garments and sells them,

And supplies sashes for the merchants.

<sup>25</sup> Strength and honor are her clothing;

She shall rejoice in time to come.

<sup>26</sup> She opens her mouth with wisdom,

And on her tongue is the law of kindness.

<sup>27</sup> She watches over the ways of her household,

And does not eat the bread of idleness.

<sup>28</sup> Her children rise up and call her blessed;

Her husband also, and he praises her:

<sup>29</sup> "Many daughters have done well,

But you excel them all."

<sup>30</sup> Charm is deceitful and beauty is passing,

But a woman who fears the Lord, she shall be praised.



# FOR HIM

Wife, put a hand on your husband, read this passage aloud, and pray for your him:

Psalm 112 Praise the Lord!

Blessed is the man who fears the Lord,  
Who delights greatly in His commandments.

<sup>2</sup> His descendants will be mighty on earth;  
The generation of the upright will be blessed.

<sup>3</sup> Wealth and riches will be in his house,  
And his righteousness endures forever.

<sup>4</sup> Unto the upright there arises light in the darkness;  
He is gracious, and full of compassion, and righteous.

<sup>5</sup> A good man deals graciously and lends;  
He will guide his affairs with discretion.

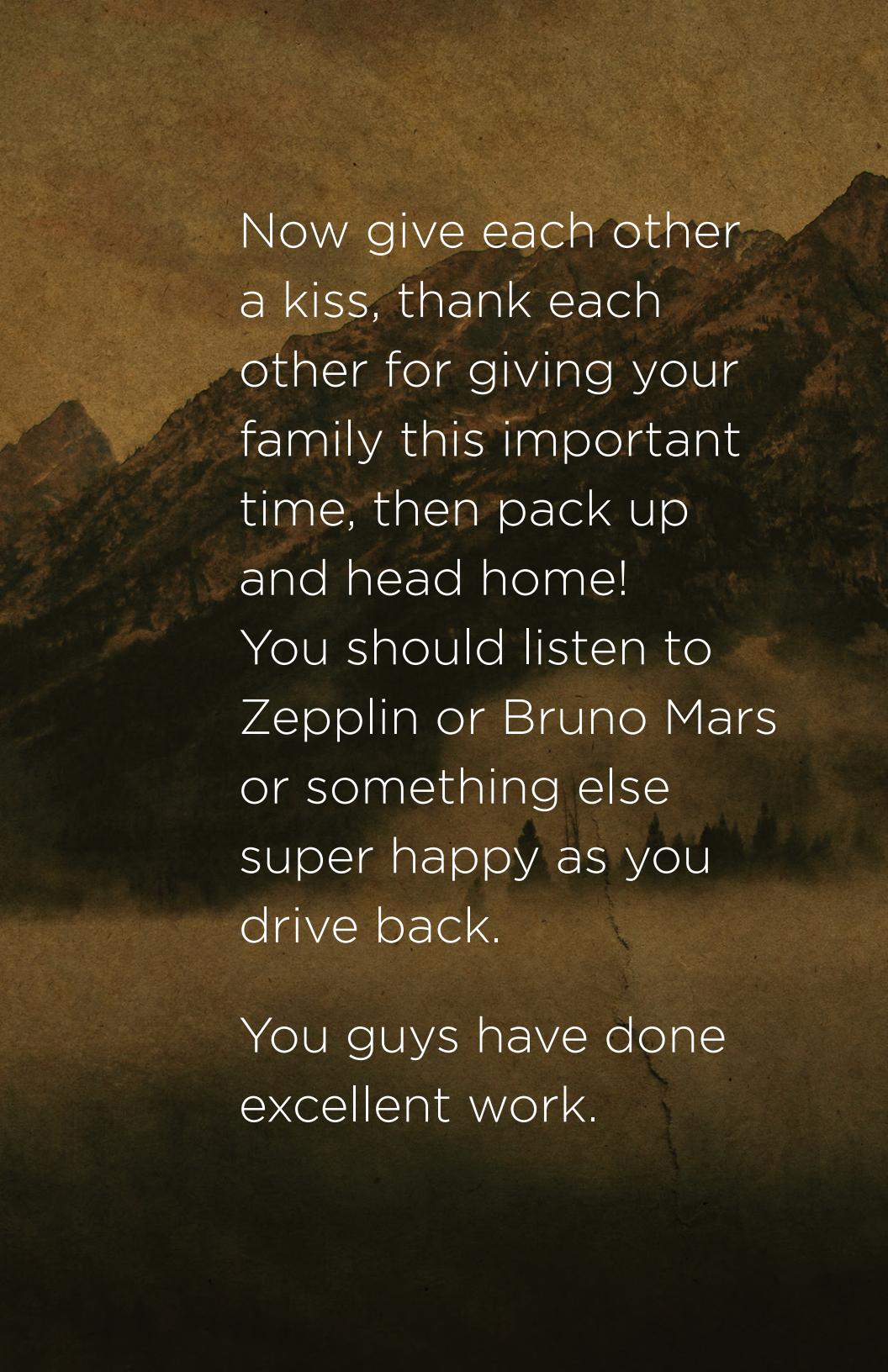
<sup>6</sup> Surely he will never be shaken;  
The righteous will be in everlasting remembrance.

<sup>7</sup> He will not be afraid of evil tidings;  
His heart is steadfast, trusting in the Lord.

<sup>8</sup> His heart is established;  
He will not be afraid,  
Until he sees his desire upon his enemies.

<sup>9</sup> He has dispersed abroad,  
He has given to the poor;  
His righteousness endures forever;  
His horn will be exalted with honor.

<sup>10</sup> The wicked will see it and be grieved;  
He will gnash his teeth and melt away;  
The desire of the wicked shall perish.



Now give each other  
a kiss, thank each  
other for giving your  
family this important  
time, then pack up  
and head home!  
You should listen to  
Zepplin or Bruno Mars  
or something else  
super happy as you  
drive back.

You guys have done  
excellent work.





## Going forward: I suggest you

1. Tape your sample week up somewhere in your kitchen (or your bathroom- some place you'll see it daily)
2. Put the calendar in a prominent place in the office
3. Stick those goals in a backpack or briefcase, and review them as you go. You want to look at them over and over until you're familiar with them and they serve as rails on which your lives run. Hooray!



To God-given  
goals and  
dreams coming  
into being!  
L'chaim!



