



Enjoy Marriage • Enjoy Family • Enjoy Life
Quick Assessment &
Personalized Action Plan



Discover where you are today and identify one simple next step in your marriage, family, and life.



Before You Begin

Many women feel like they must choose.
A strong marriage OR meaningful work.
Connected family relationships OR personal goals.
Taking care of others OR taking care of themselves.
Building a business OR enjoying life.
I believe something different.
You don't have to choose between what matters most.

You can build a strong marriage, connected family relationships, and a life you love. You don't have to be perfect. You don't need unlimited time. You build intentionally by investing in your marriage, and your family, and the life you are building one small step at a time.



This assessment will help you identify simple next steps in all three areas so you can move forward without sacrificing what matters most.

How to Complete This Assessment

Rate each statement from 1–5.

- 1 = Rarely True
- 2 = Occasionally True
- 3 = Sometimes True
- 4 = Usually True
- 5 = Consistently True



Enjoy Marriage Assessment

- ___ We regularly have meaningful conversations beyond schedules and responsibilities.
- ___ I feel connected to my spouse as a friend and teammate.
- ___ We regularly express appreciation for one another.
- ___ We intentionally make time to connect, even during busy seasons.
- ___ When challenges arise, we work toward understanding rather than making assumptions.

1 = Rarely True

2 = Occasionally True

3 = Sometimes True

4 = Usually True

5 = Consistently True

Marriage Score

___ / 25

Your Next Action

Choose one:

- Ask your spouse a meaningful question and really listen to their response.

Examples:

"What is something you enjoy about our marriage?"

"What is something you'd like us to do more of together?"

- Tell or text your spouse something you appreciate or love about them.

Examples:

"I appreciate how hard you work for our family."

"One thing I love about you is..."

- Schedule a simple connection moment this week.

Examples:

A walk, coffee together, a 5-Minute Date, sharing dessert after the kids are in bed, or sitting together without distractions.

Enjoy Family Assessment

- ___ Our family regularly spends intentional time together.
- ___ Family members feel heard, valued, and respected.
- ___ We have meaningful conversations beyond logistics and responsibilities.
- ___ I know what is important to each of my children right now.
- ___ We intentionally create opportunities for connection, fun, and shared memories.

Family Score

___ / 25

- 1 = Rarely True
- 2 = Occasionally True
- 3 = Sometimes True
- 4 = Usually True
- 5 = Consistently True

Family Score

___ / 25

Your Next Action

Choose one:

- Ask each family member a meaningful question today.

Examples:

- What is something you are excited about?
- What is something you are not enjoying or looking forward to?
- What can I pray for you about?

- Leave a note, send a text, or tell each child:

"I love and am proud of so many things about you. One thing I wanted to tell you today is..."

- Schedule a simple connection moment with your family or one of your children this week.

Examples:

Play a game together, take a walk, grab a treat, read together, work on a project together, or spend 10 minutes talking without distractions.

Enjoy Life Assessment

- ___ My daily life reflects what matters most to me.
- ___ I am making progress toward goals that are important to me.
- ___ I have enough energy and margin to enjoy my life.
- ___ I regularly do things that bring me joy, purpose, or fulfillment.
- ___ I have rhythms that help me move between work, family, and personal responsibilities.

Life Score

___ / 25

- 1 = Rarely True
- 2 = Occasionally True
- 3 = Sometimes True
- 4 = Usually True
- 5 = Consistently True

Life Score

___ / 25

Your Next Action

Choose one:

- Identify one thing that would make this week more enjoyable and one thing you are already doing well.

- Spend 5 minutes reviewing your priorities and asking:
"Have I intentionally scheduled time for the people, priorities, and goals that matter most to me?"

- Practice a work-to-home or home-to-work transition today.
Choose one small action that helps you intentionally switch roles and be fully present in the next part of your day.

Personalized Action Plan Schedule Your Next Steps

Remember - intentional steps lead to big results. Choose one small action in each area and schedule it. You don't necessarily need more time. You need a simple place to start. Some of these can be done right now!

Marriage

My next step:

Can I do it now? If not, when will I do it?

Family

My next step:

Can I do it now? If not, when will I do it?

Life

My next step:

Can I do it now? If not, when will I do it?

Congratulations! You now have taken steps toward building a life you enjoy and protecting what matters most to you!

One Final Thought



**You don't have to choose between a strong marriage,
connected family relationships, meaningful work and a life you enjoy.**

**Start with one small step in each area. You do not have to do everything today.
Just take the next step.**

**Small, intentional actions create meaningful change.
Over the coming weeks, you'll receive practical ideas, encouragement,
and simple next steps to help you enjoy your marriage, family, and life
—one step at a time.**

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