

SESSION 4: V - VISION

Marriage Vision & Strategic Planning Worksheet

Aligning with God's Design & Purpose

Instructions

Take time to **reflect individually first**, then come together to share and align. Be honest, not perfect. The goal is **clarity and connection**, not “right answers.”

PART 1: INDIVIDUAL REFLECTION (Personal Awareness)

1. Purpose Awareness

Where do I personally feel God is growing me right now (character, mindset, or habits)? Example: Patience, humility, communication, trust in God.

2. Thought Alignment (Mindset Check)

What thoughts or assumptions do I tend to have about my spouse during conflict or stress? Are they life-giving or limiting? Example: “They don’t understand me” vs. “We’re learning to understand each other”.

3. Personal Contribution

In what ways am I currently contributing positively to our marriage? In what areas do I need to grow? Example: “I support well, but I avoid hard conversations”.

PART 2: COUPLE ALIGNMENT (Shared Vision)

4. Shared Purpose

What do we believe God is calling us to reflect or build *together* in this season? Example: A peaceful home, stronger spiritual leadership, deeper connection, serving others.

5. Drift Check

Where do we feel we are drifting into “just managing life” instead of building intentionally? Example: Too focused on work, children, schedules, or distractions.

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6. Values in Action

Which values do we want our marriage to clearly reflect? (Choose 3–4) Love, Respect, Unity, Service, Faith, Joy, Peace

Now ask:

What would these values actually look like in our daily interactions? Example: “Respect = speaking kindly even when frustrated”

PART 3: BUILDING YOUR STRATEGIC PLAN

7. Thinking → Action Shift

What is one mindset we need to change to strengthen our marriage? What will we replace it with? Example: Replace “winning arguments” with “seeking understanding”

8. Daily & Weekly Rhythms

What are 1–2 simple habits we can commit to that will strengthen our connection? Daily Example: Pray together, 10-minute check-in. Weekly Example: Date night, marriage check-in.

9. Pattern Breakthrough

What is one negative pattern we want to break? What will we intentionally do instead? Example:

- Pattern: Shutting down during conflict
- New Plan: Pause, then come back to talk calmly within the hour

PART 4: PRIORITY & COMMITMENT

10. Protecting the Vision (Guardrails)

What is one boundary we need to put in place to protect our marriage?

- Time: “No phones during dinner”
- Energy: “We don’t give leftovers to each other”
- Focus: “We prioritize weekly connection time”

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FINAL ALIGNMENT STATEMENT (Complete Together)

In this season, we commit to building a marriage that reflects:

Our top 3 priorities are:

1.

2.

3.

Our first action step this week is:

Reminder

You don't need a perfect plan—you need a **clear and consistent one**.

A healthy marriage is built when you intentionally align:

- Your **thinking**
- Your **actions**
- Your **habits**

Small, consistent steps create lasting transformation.