

A CENTERED FAMILY LIFE

A RESPONSE TO THE TIME BUDGET WORKSHEET



TIME BUDGET WORKSHEET

Dr. Stratton has included a worksheet for you to fill out for each individual in your family.

Week 1: Each family member records one week of their daily life. Make sure you list extra-curricular activities such as church attendance, classes, screen time, meals, chores, work, etc. After you complete the worksheet, call a family meeting.

Week 2: Schedule a Family Meeting to discuss the following. (or discuss as a couple)

- When you look at your combined family schedule, when are you together as a family?
- Pick a time slot each week to spend time together with your Growing Families materials. Our data show us that the families who had a regular time together for Growing Families were more satisfied with their time in the program.
- Pick a time slot each week to play together.
- Where in your schedule could you designate more alone time as a couple? Consider what you need to make that happen (childcare, a weekly scheduled time, etc.)
- Can you find 5-10 minutes for a quiet time with the Lord each day or even once a week?
- Do you have a nighttime ritual with your children to end the day with a spiritual conversation?
- Check in with each other to see how your family members are doing with your revised Time Budget.

Parents, your children will follow your excitement level. Learn alongside them, be vulnerable about your faith, and wonder with them about what God may be saying.

In November, we will talk about your habits and how to create a Family Rule of Life to help you include the things you value most in your family schedule. This month, study your schedule and ask God for insights into your time commitments.

A message from the VanTatenhove Counseling Center: parents, caregivers, and children are welcome to schedule a time with a counselor. Email us at vcfc@asburyseminary.edu or call **859.858.2338** to schedule an appointment. When you sign up, mention the Growing Families Program. The counselor will discuss with you the professor's monthly video and listen as you process your family life. Contact growing.families@asburyseminary.edu if you want to schedule a session and need childcare.