

## Quarterly Planning Meetings (QPM) -Married Couples Version-

### Planning Reminders

- Eccl 3:1-8, Ps 90:10-12 “There is a time and season for everything.” Some have said that wisdom can be reduced to knowing what season it is at any given time in your life. What is God doing in you, your marriage and your family and how can you best take responsibility for adjusting your time to cooperate with Him?
- “If you aim at nothing, you are sure to hit it.”
- “Insanity is doing the same thing and expecting a different result.” (AA)
- “You’re not doing something different until you are doing something different.” (WW)
- “Sometimes it is not enough to do your best. You have to do what is required.” (WW)
- “Come up above the trees to see the whole forest.”
- Think about how God has wired up your partner – his or her “way” – and how the decisions and plans you make can help your partner be true to his/her “way” (see Proverbs 14:8, 22:6, 30:18-19).
- Sometimes we have to sacrifice good things to make room for best things.
- “ We are never too old to be what we might have been.” George Eliot
- Are we having fun yet? (Ask each other, “Are you happy?” If not, what practical steps can you plan in so there is more chance your answer will be “yes” by the next planning meeting.)
- “May we *live* all the days of our lives.” Jonathan Swift
- Going slow is going fast.
- Good teams do things right; *great* teams do the right things.

### Tools Required (Before you meet, gather together...)

- a list of the topics you each wish to discuss (“Bring To” list)
- your calendars, planners or palm pilots
- children’s calendars for school, sports, music, etc.
- financial information
- wish list: vacation ideas, date ideas, long term goals to work toward
- telephone & numbers to execute plans, reservations, arrangements, etc.
- internet access
- get alone in an environment conducive to communicating; hire a babysitter; and plan something fun to go out and do afterward.
- allow enough time (at least ½ day) and treat each other in such a way that you will *want* to go out on a date at the conclusion of the meeting.

### Meeting Agenda

1. Review the Planning Reminders and pray before you begin.
2. Update and synchronize your calendars together for the next 4 months and schedule the next QPM to be held 3 months from now.
3. Take turns choosing which topic to discuss next. Choose from the “Bring To” lists and refer to the Master List, below.

4. Before you end, be clear on who will follow-through on the various decisions. Be sure you have the next QPM on your calendars.
5. Leave everyone wanting more.
6. After your QPM (Quarterly Planning Meeting) be sure to have a night out for a QPM (Quiet Evening).

**Master List of Topics to Discuss**

1. Dates. Set aside time for dates now.
2. Family vacations. Use this time to make reservations.
3. Spiritual life.
  - a. Disciplines, goals and ministries you are involved in.
  - b. Status of personal and family devotions
  - c. Health of personal and couple prayer life
4. Love life. What would you do if you were his girlfriend? What would you do if you were her boyfriend?
5. Health & fitness. Exercise routines and goals. Nutrition & diet. Special needs.
6. Finances. Where do we stand and how are we doing on the budget? Are we planning for the future financial needs? How are we doing with the tithe?
7. Balance and margin. Is there empty space (margin) in my life so I can be readily available to God and others? Is my life balanced and satisfying in my work, play, relationships, spiritual growth, physical health, finances, etc?
8. Stuff. What needs to be purchased, maintained or repaired? Prioritize.
9. Time. Review and modify regular weekly schedules: work, ministry, exercise, recreation, school, and other regular commitments. Create a master weekly schedule that reflects how you want to live. What is an ideal week? Month?
10. Kids. What are their needs and developmental stages? How is discipline going? What is coming up that we can help them prepare for?
11. Hobbies, recreation and play. Play replenishes the soul. What are we doing to reboot?
12. Friendships. Do we each have replenishing friendships as well as people we serve and pour into, and those who mentor us?

**Fieldwork**

Schedule your first Quarterly Planning Meeting. Email the Fasts with the date and time that you have scheduled: [jean@imaginelifecoaching.net](mailto:jean@imaginelifecoaching.net)

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