DAD–DASH
MAKE THE DASH COUNT

THIS WEEK ON PURPOSE

Week of _____ Life is busy. Plan the moments that matter before the week fills up.

Verse for the week

_____

_____

_____

Reference: _____

My one priority

The one thing that matters most at home this week.

_____

_____

_____

Prayer focus

My family, each child, myself.

_____

_____

_____

Intentional time with my kids

DAY	WHAT WE'LL DO (EVEN 10 MINUTES COUNTS)	WITH	DONE
MONDAY			☐
TUESDAY			☐
WEDNESDAY			☐
THURSDAY			☐
FRIDAY			☐
SATURDAY			☐
SUNDAY			☐

Family moment I don't want to miss

A game, a practice, a dinner, a bedtime talk.

_____

_____

Something I'll say to each child

Words of love, blessing or encouragement.

_____

_____

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ONE PRIORITY PER CHILD

Each child needs something different from you this week. Name one thing for each, plan how you'll show up and pray for them by name. More than four kids? Print another copy of this page.

NAME _____ **AGE** _____

My one priority for them this week

Their need right now: time, help, a talk, encouragement, discipline.

How I'll show up

How I'll pray for them

☐ I followed through ☐ Not yet. Carry it to next week

NAME _____ **AGE** _____

My one priority for them this week

Their need right now: time, help, a talk, encouragement, discipline.

How I'll show up

How I'll pray for them

☐ I followed through ☐ Not yet. Carry it to next week

NAME _____ **AGE** _____

My one priority for them this week

Their need right now: time, help, a talk, encouragement, discipline.

How I'll show up

How I'll pray for them

☐ I followed through ☐ Not yet. Carry it to next week

NAME _____ **AGE** _____

My one priority for them this week

Their need right now: time, help, a talk, encouragement, discipline.

How I'll show up

How I'll pray for them

☐ I followed through ☐ Not yet. Carry it to next week

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WEEKLY REFLECTION

Take ten quiet minutes at the end of the week. Be honest, not hard on yourself. Grace covers the misses; this is about growing.

I kept my one priority this week.	☐ Yes	☐ Partly	☐ Not yet
I spent intentional time with each child.	☐ Yes	☐ Partly	☐ Not yet
I prayed for my family by name.	☐ Yes	☐ Partly	☐ Not yet
I led with patience at home.	☐ Yes	☐ Partly	☐ Not yet

Where did I see God at work in our family?

Best moment with my kids this week

Where did I miss, and what will I do differently?

Own it, make it right if you need to, and move forward.

What I'm thankful for

One thing to carry into next week

> *"So teach us to number our days that we may get a heart of wisdom."*
>
> PSALM 90:12 · ESV

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