

## *Money Solutions Checklist*

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- Are you keeping the right attitude about money?
- Do you have a budget, and are you sticking to it?
- Do you have adequate health, life, home, and auto insurance?
- Are you following your retirement strategy?
- If you have debt, do you know exactly what you owe and have a plan for paying it off?
- Do you have a will, and is it up-to-date?
- Do you need to establish a trust fund or living will?
- Are you openly discussing money matters with your children and teaching them financial fundamentals?
- Are you monitoring the status of your investments and financial commitments?
- Are you going online (or consulting other resources) regularly to lessen your fears and expand your knowledge about money?

## *Happiness Solutions Checklist*

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- Are you living by your definition of *happiness* and not someone else's?
- Do you know what your priorities and passions are, and are you pursuing them?
- Are you experiencing joy through your physical environment?
- Is discouragement or depression holding you back? If so, what can you do about that today?
- Is your home environment a culture of joy?
- How are you honoring one another in your family?
- Are you setting aside peaceful "bubble times" for your family?
- Are you keeping a proper perspective on the many challenges of parenting?
- Are you spending both quality and quantity time with your children?
- Do you really listen to your kids and take action on what you hear?

## *Healthy Solutions Checklist*

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- Do you know the status of each family member's fitness and heart health?
- Are you familiar with and are you following the revised USDA food pyramid?
- Have you developed the habit of eating in moderation?
- How often do you and your family exercise?
- Are you stretching and working to tone both your upper and lower body?
- Are you keeping up with doctor appointments and checking regularly for common diseases and cancers?
- Do you maintain a drug-free home?
- How effective is your family at communicating?
- Are you able to resolve conflicts quickly and peacefully?
- Are you passing on good sharing skills to your children?

## *Safe Solutions Checklist*

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- Do you know the most common causes of childhood death and injury, and are you taking steps to minimize the risks to your family?
- How closely do you monitor your children's media activity, particularly their use of the Internet and e-mail?
- Are you talking with your kids about the media messages they're receiving?
- Have you talked with the parents of your kids' friends about their rules and values?
- Do your children know what to do if someone they don't know approaches them?
- Do your kids know how to respond if someone tries to touch them inappropriately?
- Have you talked with your kids about the risks of premarital sex, alcohol, and drugs? Are the communication lines still open?
- Do your kids understand the concept of healthy rebellion?

- Do you keep all drugs, household cleaning products, and weapons in safe, inaccessible locations?
  
- Have you posted emergency phone number lists in your home, and are they up to date?

## *Your Best You Solutions Checklist*

- What were your dreams as a child?
- What are your dreams today?
- What steps are you taking to sweep away obstacles and pursue your dreams?
- Do you believe in yourself and your God-given value?
- Are you most often an “engine” or an “anchor”? Are you surrounding yourself with “engines”?
- Is fear disabling you, or are you pushing through the fear to achieve your goals and offer your best self to others?
- Are you taking care of yourself and your needs?
- Are you willing to fail and learn from your mistakes?
- Are you remembering to avoid comparisons with others?
- Do you draw hope not from current circumstances but from God’s love and plans for your life?

# *Taking Care of Mom*

## *Solutions Checklist*

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- Review the checklist at the beginning of the chapter. Are you taking care of your needs, or are you running on empty?
- Are you saying no when you need to?
- What is your inner voice telling you about your life and schedule?
- Are you voicing your needs to your family?
- What have you done in the last week to recharge your batteries?
- How are you planning to recharge in the week ahead?
- What steps are you taking to move closer to realizing your goals and dreams?
- In what ways could you simplify your life?
- Are you looking through your windshield at the opportunities in front of you, or are you more focused on the mistakes in your rearview mirror?
- Do you view yourself with self-respect, as royalty? Remember, you are a daughter of the King!

## *Faith and Family Solutions Checklist*

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- Where are you in your faith journey? Where would you like to be?
- What steps are you taking to strengthen your faith?
- What obstacles are blocking you from the relationship you'd like to have with Jesus?
- What are you doing to introduce your children to Jesus?
- Do you attend church regularly? If not, why not? When will you start?
- Do you consistently spend time with the Lord? If not, what needs to change in your life to make this possible?
- Do you take your problems to God in prayer?
- Are you encouraging your children to do the same?
- Are you combining prayer with action?