

Parent Check:

A Reflection Guide for Leading Your Family Well

Parenting is one of the greatest and most demanding callings that a person will encounter. You pour into your children, your spouse, your work, and your community. But how often do you stop to check your own health? Take a few moments to use this tool to reflect on four key areas of your life: Spiritual, Relational, Emotional/Mental, and Physical. Circle your color in each section and take time to answer the follow-up questions.

Spiritual: Your relationship with God shapes how you lead your family.

Questions to ask:

- Am I truly growing in my love for Jesus, or am I just maintaining appearances for my kids?
- Do my children see genuine faith in my daily life?
- Am I spending time with God personally, or only in corporate, family settings?

Follow-up questions:

- What spiritual rhythms help me feel close to God?
- How can I invite my family into authentic faith without forcing it?
- Who helps me stay accountable in my spiritual growth?

WHERE ARE YOU? (circle one)

RED

I feel spiritually dry and distant from God.

YELLOW

I'm okay, but I need to refocus and be more intentional.

GREEN

I'm growing and excited about my walk with God.

Relational: Healthy families grow through healthy relationships.

Questions to ask:

- How are things in my marriage or home life?
- Am I truly present with my loved ones?
- Do I prioritize connection with my spouse and children over busyness?
- Do I have trusted friends or mentors who encourage and challenge me?

Follow-up questions:

- How can I make time this week for more intentional connections?
- What small changes could strengthen our family relationships?
- Who could I reach out to for encouragement or support?

WHERE ARE YOU? (circle one)

RED

I feel disconnected or alone in my relationships.

YELLOW

I'm somewhat connected, but I need to be more intentional.

GREEN

I'm surrounded by supportive, life-giving relationships.

Emotional/Mental: Parenting takes emotional strength and mental space.

Questions to ask:

- How am I managing stress at home?
- Am I emotionally available to my spouse and kids, or am I easily distracted and drained?
- Am I finding joy in parenting, or am I mostly just surviving?

Follow-up questions:

- What emotions am I ignoring or bottling up?
- What helps me recharge emotionally?
- Who can I talk to when I'm feeling overwhelmed?

WHERE ARE YOU? (circle one)

RED

I feel emotionally overwhelmed or burned out.

YELLOW

I'm managing, but I need rest and renewal.

GREEN

I feel emotionally steady and resilient.

Physical: Your physical health impacts every part of your leadership at home.

Questions to ask:

- Am I getting enough rest and sleep to be present and patient?
- Am I fueling my body well, or relying on quick fixes?
- Am I modeling healthy habits for my family?

Follow-up questions:

- What one habit could most improve my physical well-being this month?
- How can I include my family in healthier routines?
- What do I need to stop saying "yes" to in order to rest better?

WHERE ARE YOU? (circle one)

RED

I'm neglecting my physical health and running on empty.

YELLOW

I'm functioning, but I need better balance.

GREEN

I'm caring for my body and feeling strong.

Final Challenge:

Pick one area to focus on this week.

Write down a few specific next steps (like "Walking with my child twice a week" or "Read a devotional before bed").

Share your reflections with a spouse, friend, or mentor and ask them to help keep you accountable to becoming healthier.