

MODULE 1 — COMMITMENT TO FAMILY

The Covenant Foundation — All or Nothing at All

STEP 1 — SELF-ASSESSMENT (complete before the module)

On a scale of 1–10, how committed am I to being fully present for my family — not just physically, but emotionally and spiritually?

My Rating	1	2	3	4	5	6	7	8	9	10
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“Lead her spiritually or leave her carrying it alone.”

“Half-commitment is a full rejection in slow motion.”

STEP 2 — HER VOICE (she answers in her own words)

What does commitment to family look like to you specifically? What do you most need from me in this area?

HIM	HER
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STEP 3 — ACTION COMMITMENT (husband completes)

One specific thing I will do this week to demonstrate all-in commitment to my family:

STEP 4 — REFLECTION (honest, private, written)

What is currently competing with my family for the top position in my life? What will I do about it?

AFTER THE MODULE — Alignment Check

What is the one thing I commit to doing differently in this area starting today?

Signed: _____ Date: _____