

# FIT Worksheets



# Contents

Practical Parenting . . . . .	5
Effective Parenting Worksheet. . . . . Lessons 1-8 . . . . .	5-6
Instructions for Effective Parenting Plan . . . . . Lesson 9. . . . .	7
My plan for Becoming a More Effective Parent. . . Lesson 9. . . . .	8
Change of Heart . . . . .	9
Condition of My Heart Self Assessment . . . . . Lesson 3. . . . .	9
Lesson 3 Worksheets Continued . . . . . Lesson 3. . . . .	10
Lesson 7 Worksheets . . . . . Lesson 7. . . . .	11
Change of Heart Worksheet . . . . . Lessons 7-9 . . . . .	12
Change of Heart Facilitator Tally Sheet . . . . . Lessons 7-9 . . . . .	13
Handling Loss and Grief . . . . .	14
Types of Personal Loss . . . . . Lesson 1. . . . .	14
My Personal Losses . . . . . Lesson 2. . . . .	15
The Change Scale . . . . . Lesson 3. . . . .	16-17
The Pros and Cons of Advice Given . . . . . Lesson 4. . . . .	18
The PIT - The Grieving Process. . . . . Lesson 6. . . . .	19
Dating and Marriage . . . . .	20
Compatibility Worksheet . . . . . Lesson 9. . . . .	20
Pledges of Integrity in Dating and Marriage . . . . . Appendix . . . . .	21
Financial Success from Scratch . . . . .	22
Debt Worksheet . . . . . Lesson 2. . . . .	22
Budget Worksheet . . . . . Lesson 4. . . . .	23



**PRACTICAL PARENTING**  
Lessons 1-8

**EFFECTIVE PARENTING WORKSHEET**

NAME:				
LESSON		Topic	Why this is challenging for me	PRI
<b>1--Watch Your Mouth</b>	A	Freedom in forgiveness		
	B	The power of words		
	C	Power in how they're said		
<b>2--Watch Your Life</b>	A	Parenting by example		
	B	Overcoming shortcomings		
	C	Building family strengths		
<b>3--Watch Your Priorities</b>	A	Spend time wisely		
	B	Build memories		
	C	Single/blended families		
	D	Decide to discipline		
<b>4--Watch Your Attitude</b>	A	Life is unfair; God is fair		
	B	Favoritism		
	C	Rejection		
	D	View of discipline		

<b>5--Watch How Your Child Is Doing</b>	<b>A</b>	Outside influences		
	<b>B</b>	Influences at home		
	<b>C</b>	Individual needs		
	<b>D</b>	Stages of development		
<b>6--Identify the Behavior-Yours and the Child's</b>	<b>A</b>	Roles and responsibilities		
	<b>B</b>	Discipline types & amount		
	<b>C</b>	Is spanking illegal?		
	<b>D</b>	The rod of correction		
<b>7--Discipline Effectively</b>	<b>A</b>	Definitions		
	<b>B</b>	Your style of discipline		
	<b>C</b>	Boundaries & relationships		
	<b>D</b>	Handling power struggles		
<b>8--Eliminate Abuse</b>	<b>A</b>	Abuse: what the law says		
	<b>B</b>	Physical abuse		
	<b>C</b>	Emotional abuse		
	<b>D</b>	The effects of violence		

You will turn in this worksheet and your individualized Plan at the end of Session 9.

# INSTRUCTIONS FOR EFFECTIVE PARENTING PLAN

## Lesson 9

(please refer to the instructions and figure below)

### Effective Parenting Worksheet

1. Begin by identifying the seven topics that are your highest priorities by inserting the number in the PRI column.
2. Think about the challenges these topics present to you in becoming a more effective parent. You probably have a better understanding of some of the topics since you first made your notes.

### Effective Parenting Plan

1. Using your Group Member Guide, your Worksheet and the Example below, jot down three steps you can take to meet the challenges of your top priority.
2. Discuss your steps with your classroom partner. Are they SMART steps to take?
3. Once you both feel you understand how to write steps toward your goals, complete the Plan and discuss it with your partner. Call on your facilitator if you have questions.

#### EXAMPLE

LESSON		Topic	Why this is challenging for me	PRI
1--Watch Your Mouth	A	Freedom in forgiveness	My father was abusive and he walked out on the family.	1

This person chose Forgiveness as her most challenging topic. She'll be most effective if she takes SMART steps in her Plan.

- **Specific**— “what is to be done?”
- **Measurable**— “will progress be observable?”
- **Achievable**— “can it be done?”
- **Relevant**— “should it be done?”
- **Time Oriented**— “when will it be done?”

Not every question will apply to every topic, but these are questions we need to ask of our tentative steps. Here's an example for what her steps might look like.

#### MY PLAN FOR BECOMING A MORE EFFECTIVE PARENT

NAME:		
PRI	Topic	Steps
1	1A	1) Begin praying today for Dad and my attitude towards him. 2) Write him a letter within two weeks, telling him I forgive him. 3) Share my Plan with an accountability partner at our next meeting.

# MY PLAN FOR BECOMING A MORE EFFECTIVE PARENT

## Lesson 9

NAME:		
PRI	Topic	Steps
1		
2		
3		
4		
5		
6		
7		



# CHANGE OF HEART

## CONDITION OF MY HEART SELF ASSESSMENT

### Lesson 3

In the last column of the table below, write the number that most closely describes your typical response. “When I’m in a situation that calls for this character trait, I think/act just as described in the Definition”:

**A. Never; B. Rarely; C. About half the time; D. Most of the time; E. Every time**

**Table 3-4 Symptoms of the condition of my heart**

Trait	Definition	My typical response
1. Patient, 2. Perseverant	<ul style="list-style-type: none"> <li>• Able to calmly wait, enduring annoyance or difficulty</li> <li>• To keep trying until the task is finished even when it’s hard</li> </ul>	1. ____ 2. ____
3. Humble, 4. Modest	<ul style="list-style-type: none"> <li>• To consider yourself as having no special importance over others</li> <li>• Tending not to talk about your own abilities and achievements</li> </ul>	3. ____ 4. ____
5. Kind, 6. Respectful	<ul style="list-style-type: none"> <li>• Generous, helpful and caring toward others</li> <li>• Behaving in ways that show regard for someone</li> </ul>	5. ____ 6. ____
7. Content, 8. Self- sacrificing	<ul style="list-style-type: none"> <li>• To be satisfied with your life circumstances</li> <li>• Giving up your own interests for the well-being of others</li> </ul>	7. ____ 8. ____
9. Hopeful, 10. Trusting	<ul style="list-style-type: none"> <li>• Optimistic that things will turn out well</li> <li>• Firm belief in the integrity of someone or something; to take at face value</li> </ul>	9. ____ 10. ____
11. Truthful, 12. Forgiving	<ul style="list-style-type: none"> <li>• Being completely honest even when it appears not to be in your best interest</li> <li>• Granting pardon of a debt or offense of another</li> </ul>	11. ____ 12. ____
13. Peaceful, 14. Protective	<ul style="list-style-type: none"> <li>• Free from strife, non-violent, steady</li> <li>• To be safe-guarding, shielding, watchful towards another</li> </ul>	13. ____ 14. ____

**LESSON 3 WORKSHEETS CONTINUED**

Fill in the left column.

**Table 3-1. Rating Nicole's traits**

	• Angry and cussing; stressed out
	• She feels that her status as a single Mom comes with special treatment
	• Rude toward the officer
	• Disrespectful toward the officer
	• Her self-talk reveals her discontent (remind them)
	• She has little hope that things will get better
	• She judges the officer to lack integrity
	• No forgiveness here
	• Full of strife from many directions

Fill in both columns

**Table 3-2. Rating Joe's traits**

Trait No	Corrective Action Needed

**Table 3-3. Identifying corrective actions for Joe**

Trait No	Corrective Action Needed

## LESSON 7 WORKSHEETS

### GABBY'S SCENARIO

Gabriella (Gabby) is a sales clerk who lives at home, providing much of the support for her mother. Her 2001 car had been running rough, so she took it to a local repair shop. Rick, the owner, quickly diagnosed a simple problem. Recognizing Gabby's lack of mechanical understanding, he told her it would take a couple of days to repair and would be expensive. Several of the parts he replaced actually had not failed. Moreover, he installed used parts from a junk yard, charged her for new ones, and gave her as "evidence" the failed parts from other jobs.

#### *Gabby's Restitution Priorities*

	Restitution Steps	Trait #(s)
1		
2		
3		
4		

### STEVE'S SCENARIO

Steve is on conditional release from a state prison, having served five years. Sarah, his ex-wife, is a single Mom. They have three children and he has visitation rights. He has fines, court costs and past due child support that he must pay monthly on condition for his early release, in addition to the ongoing child support payments. Steve makes the court-ordered payments, but Sarah is struggling to make ends meet. Steve is a licensed electrician, making a good salary in the same town as his estranged family.

#### *Steve's Restitution Priorities*

	Restitution Steps	Trait #(s)
1		
2		
3		
4		

## CHANGE OF HEART WORKSHEET

*Lessons 7-9*

The chart below shows positive ways of dealing with reconciliation as described in Lessons 7, 8, and 9. Lesson 7 deals with making things right with those you have wronged, lesson 8 with your role in the home environment, and lesson 9 with your role in the community. After completing each of these lessons, fill in a Rating and Priority for each role from that lesson that applies to you.

In the **Rating column**, write the letter that most closely applies to you.

Use A=Never; B=Rarely; C=About half the time; D=Most of the time; E=Every time

In the **Priority column**, write the number of your priority for a need for change.

Use 1=highest; 2=next highest; 3=third highest *for each applicable Role.*

Role	Traits	Description	Rating	Priority
<b>Lesson 7—A New Heart in Making Restitution</b>				
One Who Owes	Truthful	Offering to make good on a debt even when it is not required by law		
	Respectful	Honoring the rights of those I've wronged		
	Perseverant	Keeping at it until the debt is paid even when it's hard		
<b>Lesson 8—A New Heart in My Home</b>				
Wife	Respectful	Showing your husband that you respect who he is and what he does		
	Trusting	Having a firm belief in your husband's integrity and provision		
	Content	To be satisfied with what your husband provides		
Husband	Self-sacrificing	Giving up your own interests for the well-being of your wife		
	Humble	Considering yourself as having no special importance over your wife		
	Protective	Protective of your wife's emotional, physical and spiritual needs		
Child	Respectful	Willingly respecting, honoring and obeying your parents		
	Honest	Being completely honest all the time, even when it hurts		
	Content	Being satisfied with what you have, not always wanting more		
Parent	Protective	Diligently protecting your child from every form of harm		
	Perseverant	Consistently instructing, training and disciplining for his/her good		
	Peaceful	Providing a loving and dependable home environment, free of stress		
<b>Lesson 9—A New Heart in My Community</b>				
Employee	Content	Being satisfied with your job and wages		
	Modest	Not climbing over others to seek personal advancement		
	Truthful	Putting forth your best effort when no one is watching		
Employer	Protective	Providing a safe, secure work environment and fair wages		
	Respectful	Treating employees as valued and honorable		
	Truthful	Demonstrating integrity in all dealings with workers and clients		
Citizen	Law-Abiding	Knowing and submitting to federal, state and local laws		
	Respectful	Showing respect for the rights, beliefs and opinions of others		
	Involved	Participating in the democratic process and community affairs		
Neighbor	Self-Sacrificing	Willing to share time, home and finances to meet needs		
	Kind	Reaching out with compassion and respect for others		
	Peaceful	Living as peace-maker, overcoming evil with good		

## CHANGE OF HEART FACILITATOR TALLY SHEET

Lessons 7-9

In the Rating column of the table below, write the number that most closely describes your typical response for the traits that apply to your Roles discussed in the current Lesson. *“In my Role as \_\_\_\_, I think and act just as described in the Definition.”* Then, enter the priority of the need for change. Use 1=highest; 2=next highest; 3=third highest for each applicable Role.

**A. Never; B. Rarely; C. About half the time; D. Most of the time; E. Every time**

Role	Traits	Rating Totals					Priority Totals		
		A	B	C	D	E	1	2	3
One Who Owes	Truthful								
	Respectful								
	Perseverant								
Wife	Respectful								
	Trusting								
	Content								
Husband	Self-sac-rificing								
	Humble								
	Protective								
Child	Respectful								
	Honest								
	Content								
Parent	Protective								
	Perseverant								
	Peaceful								
Employee	Content								
	Modest								
	Truthful								
Employer	Protective								
	Respectful								
	Truthful								
Citizen	Law-abiding								
	Respectful								
	Involved								
Neighbor	Self- sac-rificing								
	Kind								
	Peaceful								

# HANDLING LOSS AND GRIEF

## TYPES OF PERSONAL LOSS

### Lesson 1

*INSTRUCTIONS: On the left is a list of the losses of life which are discussed in your course book. On the right there is a response line for each item. Write in a personal example for each kind of loss on the response lines.*

Death of a Person \_\_\_\_\_

Loss of Property (Tangible Loss) \_\_\_\_\_

Loss of Earning Power (Intangible Loss) \_\_\_\_\_

Loss of Health (Personal Loss) \_\_\_\_\_

Emotional Loss \_\_\_\_\_

Vocational Loss \_\_\_\_\_

Relational Loss \_\_\_\_\_

Educational Loss \_\_\_\_\_

Loss of Culture (Have to give up familiar customs) \_\_\_\_\_

Loss of Roots due to Moving (Rootedness Loss) \_\_\_\_\_

**MY PERSONAL LOSSES**

*Lesson 2*

*INSTRUCTIONS: Think about the greatest losses you have had in life. On the lines below, write what the loss was, how it affected you, and what you learned from it. Fill the whole page. We all have many losses. Then share. You will find that you are not alone. Look at the examples to help you get started.*

<b>MY LOSS</b>	<b>HOW IT AFFECTED ME</b>	<b>WHAT I LEARNED FROM IT</b>
Ex. loss of mother before age 2	felt abandoned	explains why I have felt unusually insecure throughout my entire life, can deal with it now that I know where it is coming from.
Ex. didn't finish school because of a pregnancy	gave up dream of a career	had a beautiful child who is my pride and joy.

## The Change Scale

### Lesson 3

**INSTRUCTIONS:** The list below shows many life changes that can add to our stress. The events are listed on the left and the number of points that each has is in the middle. Write in the number of points on the line on the right for each of the events that you have experienced in the past year. When finished, add up all the points and write your answer at the bottom. Then wait for the group to finish. We will then be discussing what the numbers mean.

<b>Life Event</b>	<b>Mean Value</b>	<b>Points</b>
Death of spouse	100	_____
Divorce	73	_____
Marital separation	65	_____
Jail term	63	_____
Death of close family member	63	_____
Personal injury or illness	53	_____
Marriage	50	_____
Fired at work	47	_____
Marital reconciliation	45	_____
Retirement	45	_____
Change in health of family member	44	_____
Pregnancy	40	_____
Sex difficulties	39	_____
Gain of new family member	39	_____
Business readjustment	39	_____
Change in financial state	38	_____
Death of close friend	37	_____
Change to different line of work	36	_____
	<b>Page 1 Total</b>	_____

\*Reprinted by permission of the publisher from *Journal of Psychosomatic Research*, Vol. 11, pp 213-218. Copyright 1967 by Elsevier Science, Inc.



Change in number of arguments with spouse	35	_____
Mortgage over \$10,000	31	_____
Foreclosure of mortgage or loan	30	_____
Change in responsibilities at work	29	_____
Son or daughter leaving home	29	_____
Trouble with in-laws	29	_____
Outstanding personal achievement	28	_____
Wife begins or stops work	26	_____
Begin or end school	26	_____
Change in living conditions	25	_____
Revision of personal habits	24	_____
Trouble with boss	23	_____
Change in work hours or conditions	20	_____
Change in residence	20	_____
Change in schools	20	_____
Change in recreation	19	_____
Change in church activities	19	_____
Change in social activities	18	_____
Mortgage or loan less than \$10,000	17	_____
Change in sleeping habits	16	_____
Change in number of family get-togethers	15	_____
Change in eating habits	15	_____
Vacation	13	_____
Christmas	12	_____
Minor violations of the law	11	_____
	Page 2 Total	_____
	Grand Total	_____

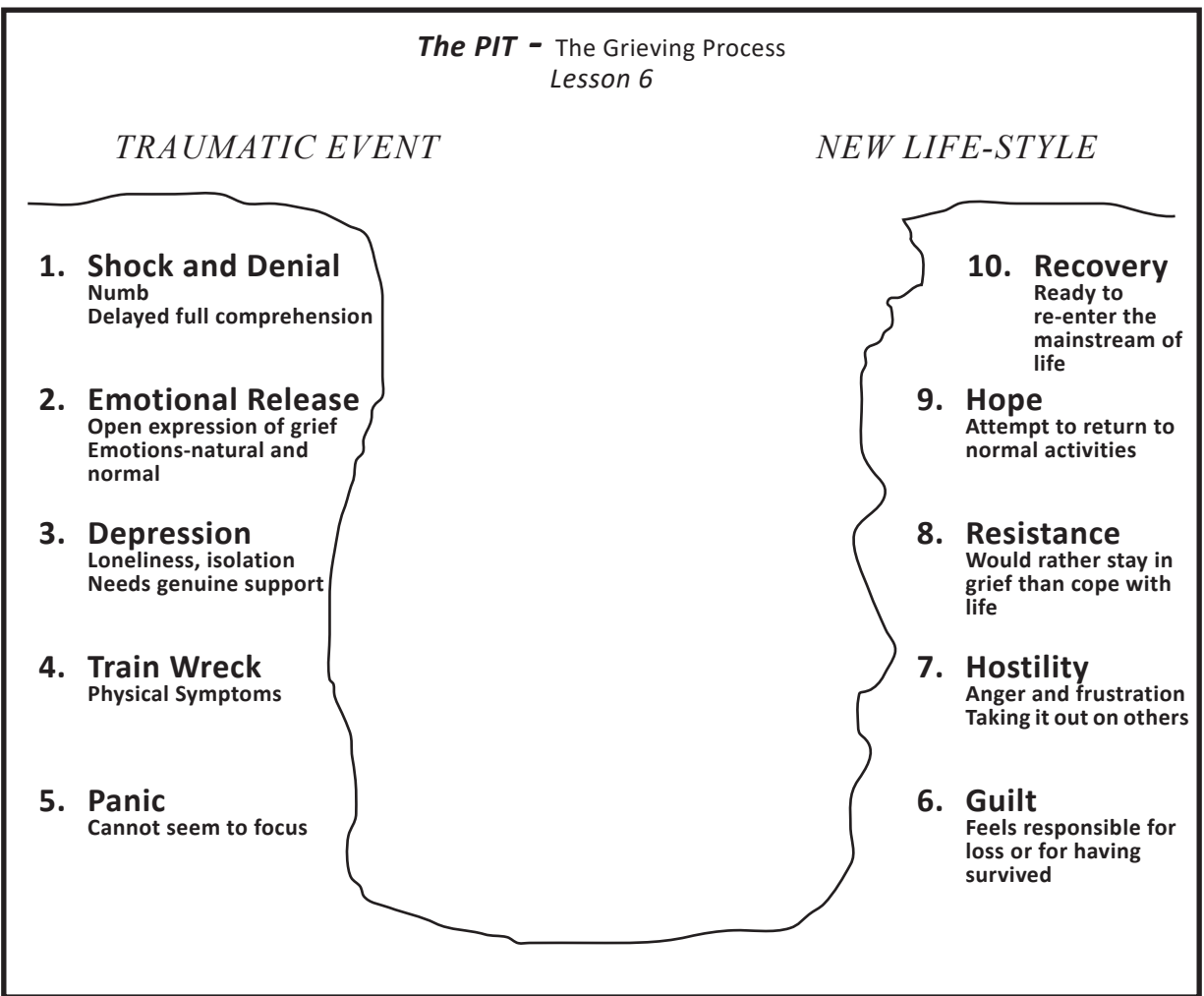
# THE PROS AND CONS OF ADVICE GIVEN

## Lesson 4

**INSTRUCTIONS:** Concentrate first on any advice you have been given about the earliest losses of your life. List at least three such events by first indicating whether the advice or action was positive or negative. Then give a brief description. If it was a negative event, explain how you have adjusted and learned from the situation. After this, complete the rest of the page with any other similar issues which have occurred during any period of your life. Include the advice you gave to yourself. Use the examples as suggestions.

TYPE	DESCRIPTION	WHAT I LEARNED FROM IT
Ex. Positive	Support from mother after being molested by her boyfriend	There are people who care.
Ex. Negative	Mother not believing that her daughter had been molested	Mother was overwhelmed and did not know what to do. Came to realize it was mother's problem, not mine.
Ex. Negative	Stepson told he is no good and never will be any good	I am good, it was my family that was dysfunctional.

*The PIT - The Grieving Process*  
*Lesson 6*



Describe your greatest loss: \_\_\_\_\_

Describe each step that you have gone through from the chart above and indicate the step or steps where you may have gotten stuck.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

# DATING AND MARRIAGE

## Compatibility Worksheet

Lesson 9

Name \_\_\_\_\_ Date \_\_\_\_\_

Look at the list of compatibility items below and rank them in order of priority to you would give a potential date interested in a friendship.

- |                                     |   |
|-------------------------------------|---|
| 1. ___ enjoys the out of doors      | 7. ___ likes the same kind of toothpaste    |
| 2. ___ likes to take trips          | 8. ___ likes long walks                     |
| 3. ___ likes the same kind of music | 9. ___ is free of drug and alcohol addition |
| 4. ___ is a dedicated Christian     | 10. ___ is honest                           |
| 5. ___ is kind                      | 11. ___ is consistent                       |
| 6. ___ is respectful                | 12. ___ is physically attractive            |

Why did you make the choices that you did?

**Rank/Choice**

**Reason**

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____
9.	_____	_____
10.	_____	_____
11.	_____	_____
12.	_____	_____

**PLEDGES OF INTEGRITY IN DATING AND MARRIAGE**

*Appendix*

**Personal Pledge in Dating**

I, \_\_\_\_\_, pledge myself to God to conduct myself with honor and respect before God and to honor and respect the persons I will date. I will save sexual intercourse for after marriage and will not marry anyone who does not share the faith that God has given me.

\_\_\_\_\_

Signature Date

**Personal Pledge in Marriage**

***Husband***

I, \_\_\_\_\_, pledge myself to God to conduct myself with honor and respect before God and to honor and respect \_\_\_\_\_.

I will keep myself pure from outside influences and do my best to live my life for God.

\_\_\_\_\_

Signature Date

***Wife***

I, \_\_\_\_\_, pledge myself to God to conduct myself with honor and respect before God and to honor and respect \_\_\_\_\_.

I will keep myself pure from outside influences and do my best to live my life for God.

\_\_\_\_\_

Signature Date

# FINANCIAL SUCCESS FROM SCRATCH

## DEBT WORKSHEET

*Lesson 2*

Use the chart below to list all your debts and add up all the amounts owed. How is listing all of them like this helpful? Were there any surprises?

Type of Debt	Description	Amount

**BUDGET WORKSHEET**

Lesson 4

Fill in Weekly Amounts and Calculate Other Columns

%		Weekly	Monthly	Yearly
	First Household Income			
	Second Household Income			
100	Totals			
100	TOTALS			