

Anchored Home Checklist

A simple diagnostic tool for parents to evaluate how spiritually, emotionally, and relationally “anchored” their home environment is.

The Anchored Home Checklist

Instructions: For each item, check “Yes” or “Needs Work.” In the end, reflect on which area needs the most attention.

A. Anchored in Truth

- We have regular (daily/weekly) times for family prayer or devotion. ☐ Yes ☐ Needs Work
- God’s Word is referenced in conversations and decisions at home. ☐ Yes ☐ Needs Work
- Our children understand what we believe and why. ☐ Yes ☐ Needs Work

B. Anchored in Identity

- Each child knows and hears affirming words about who they are. ☐ Yes ☐ Needs Work
- We celebrate their uniqueness without comparison. ☐ Yes ☐ Needs Work
- We teach values over external performance. ☐ Yes ☐ Needs Work

C. Anchored in Belonging

- Our home environment feels safe and predictable. ☐ Yes ☐ Needs Work
- We have meaningful family rituals (e.g., mealtimes, birthdays, Sunday routines). ☐ Yes ☐ Needs Work
- We address conflict with grace and restoration. ☐ Yes ☐ Needs Work

D. Anchored in Purpose

- We talk about each child's gifts, strengths, and calling. ☐ Yes ☐ Needs Work
- Service, responsibility, and contribution are encouraged in age-appropriate ways. ☐ Yes ☐ Needs Work
- Our family has a shared "why" or mission that guides how we live. ☐ Yes ☐ Needs Work

Reflection Prompt:

Which section had the most "Needs Work"? What one change can you start this week to shift your family atmosphere?

Great question. After identifying the area of your home that needs the most attention from the Anchored Home Checklist, here's a guided 4-step follow-up process that can become a downloadable "Next Steps Roadmap" for families:

The Anchored Home Roadmap: 4 Next Steps After Your Checklist

1. Choose One Focus Area to Start

Don't try to fix everything at once. Choose the one category (Truth, Identity, Belonging, or Purpose) that had the most "Needs Work" checkmarks.

Example: If "Anchored in Belonging" had the most gaps, your focus is emotional safety and connection.

2. Create a Simple Weekly Ritual

Anchor your focus area in a repeating habit.

Small, consistent actions reshape the culture of your home over time.

Examples by Focus Area:

- Truth → Start a 5-minute Scripture and discussion moment after dinner.
- Identity → Write "I see you" notes or affirmations for each child weekly.
- Belonging → Implement "Sunday Sharing Circle" for open family talks.
- Purpose → Ask kids weekly: "What made you feel useful this week?"

3. Anchor with Words: Craft a Family Declaration

Write or adopt a family phrase, prayer, or motto related to your focus area.

Example for Identity:

“We are not perfect, but we are chosen, loved, and growing.”

Recite this regularly until it becomes part of your family’s language.

4. Track Progress With a Monthly Reflection

At the end of each month, gather as a family (or reflect privately as a parent) and ask:

- What’s shifting in our home?
- Where did we see growth this month?
- What do we need more of next month?

Use a simple journal or printable tracker to record insights.

Ps: You can reach out to us if you need further assistance one on one or group based, to work on your Anchored Home Roadmap. This service is paid but attracts a discount for attending and participating actively in the webinar.