
Family Summit
Guide

A Note From Us

Hey Friends!

We're so excited that you've decided to plan a Family Summit! When we first started doing this, we honestly weren't sure what to expect. We just knew we wanted to be more intentional and actually lead our family with purpose. What began as a simple weekend away has now become one of the most meaningful rhythms of our year. Each January, we carve out time to pause the noise, get out of town, and really reflect on where we've been and where we sense God leading us next.

Sometimes this trip is full of whiteboards and diagrams. Other times it's messy and full of laughter, prayer, and coffee refills. Either way, it always helps us refocus on what matters most. We didn't create this guide because we have it all figured out—we built it because we needed it .

Over time, we've gathered ideas, questions, and practices from mentors, books, and trial-and-error moments around our own table. Now, we want to share them with you so you can make your own version of a Family Summit.

Our prayer is that this weekend gives you space to slow down, dream a little, and remember who you're becoming as a family. You don't have to do it perfectly. Just show up with open hands and hearts. Here's to an intentional year ahead—one step, one prayer, one conversation at a time.

With gratitude,

Trey and Paige Wimmer

WELCOME TO YOUR

FAMILY SUMMIT

How This Guide Came To Be

Over the years, we've pulled from books, podcasts, and mentors who've helped us build family rhythms that are intentional and distinct from the world's default setting of apathy. Resources like Abraham's Wallet and Family Teams along with authors like Justin Whitmel Early and Andy Crouch have inspired thought processes that led to the creation of early word docs that eventually became this guide. We've adapted what's worked best for us into something you can hopefully make your own. You'll notice the guide is designed for parts of three days (Friday through Sunday), but it can easily stretch longer or condense into a single day. However you do it, the goal isn't perfection—it's progress.

Choosing Your Setting

We love to get out of town for our Summit, but you don't have to. You might:

- Book a quiet hotel or Airbnb
- Borrow a friend's cabin or beach condo
- Send the kids to grandparents and have a staycation
- Use a calm space like a screened-in porch, a church lobby, or a local coffee shop

If you have older kids, consider inviting them into part of the process. Giving them a voice in family goals helps them feel valued and builds ownership. Just choose a space that lets you think clearly and minimizes distractions—a place with a view is always a bonus.

Before you Leave

Before you head off on what might become the best weekend of your year, take a little time to prepare. A few simple steps beforehand will make your Family Summit more enjoyable, peaceful, and productive.

- Glance over the guide before you go. Tweak some prompts to fit your family.
- Pray for the weekend asking God to give you clarity, unity, and rest.
- Start a list of things you know you want to discuss- Notes app, paper, etc.
- Find a getaway spot. Maybe a friend has connections to place you could use.
- Reflect on the past year during some of your downtime.

There are a few things you can bring that can be helpful:

- *Calendars*: school, family, previous year, and next year calendars, dates of events
- *Finances*: last year's budget, list of assets, upcoming costs/budget changes
- *Planning*: last years' goals & Family Plan, brainstorming notes
- *Personal*: notebook/journal, fun pictures from the last year, this Summit Guide
- *Fun:* A good book, your favorite coffee or snack, board or card games.

FIVE FOUNDATIONS OF HOME

The heart of the guide is broken into five areas. These five areas, and what makes up each of them, is what you will use to organize ideas, goals, wins, losses, needs, etc. When answering the reflection questions on Day 1, use these as the filters to think through.

Day 2 will focus on each of these individually. Each of the sections have some sample questions and those are meant to be conversation starters and and lead to your own questions. If you really like to write everything out, bring a notebook or some extra blank paper.

Family — Your four walls. Your marriage, children, family, household

Neighbors, small group, church, co-workers, hospitality, serving — Friends

Faith — Your walk with the Lord, prayer life, spiritual journey

Education, books, podcasts, self-development, kids schooling — Formation

Finances — Budget, spending, giving, Career, work/life balance, income creating

SAMPLE ITINERARY

Here's a flow for your Family Summit weekend. Adjust times and topics as needed—let rest and connection set the pace.

DAY 1

Arrival
Settle in, and slow your pace. Pray together, then spend a little time alone to reflect or journal about the past year.
Eliminate distractions and let your hearts settle before the weekend begins.

Afternoon
Open your Summit Guide and walk through Day 1: Reflections.
et the conversation flow naturally—remember, the goal isn't to finish every question, it's to connect.

Night
Make or share a simple dinner. Go on a date, laugh, and enjoy being together. This night is about rest, not results.

Pro Tip

Slow down—don't rush the good conversations.

DAY 2

Morning
Ease into the day. Make breakfast, enjoy coffee, and spend some quiet time reading, praying, or talking.

Daytime
Work through the Five Foundations: *Family · Friends · Faith · Formation · Finances*
Take breaks to stretch, laugh, and refocus. Highlight the ideas and goals that rise to the surface.

Evening
End the day with something fun or lighthearted—a walk, a game, a special dessert, or a cozy movie night.

Pro Tip

Don't expect to perfect everything. Commit to improving a few things and snowball them into many.

DAY 3

Morning
Take another slow morning. Reflect on what stood out over the weekend and talk about any needed adjustments or personal growth areas.

Daytime
Fill out your Goals Sheet and Family Plan together. These become your compass for the year ahead.

Afternoon
Sync calendars, pray over your goals, and wrap up any lingering conversations.
End by thanking God for what He's revealed and get excited for what's to come.

Idea

Bring something symbolic home—a rock, photo, or small keepsake—as a reminder of what God showed you this weekend.

"Commit your works to the Lord and your plans will be established."
Proverbs 16:3

DAY 1: REFLECTION AND EVALUATION

Lightning Round of Favorites

Memory · Date · Movie · New Habit · Time with Friends · Family Trip · Podcast · Purchase under $50 · Inside Joke · Thing about the kids · Thing about each other

Best Habits and Rhythms

- Daily
- Weekly
- Monthly

Wins, Wounds, and Wisdom

- What went well?
- What hurt or drained us?
- What did we learn? What would we do differently?

Gratitude and People

- One thing you're grateful for in your spouse
- One thing you're grateful for in each kid
- One thing you're grateful for in God this year
- One unexpected blessing
- Who encouraged us the most?
- Who did we help?
- Who do we want to grow closer to?
- Who drains us that we need boundaries with?

Celebrate Progress

- Where did we make any progress, even if small?
- What hard thing did we get through together?
- What did we handle better than we would have five years ago?

What Restored Us

- What restored our energy this year?
- What depleted us?
- Where do we need more rest or margin next year?

DAY 2: PLANNING AND PRAYING

FAMILY

1. When did we best connect as a couple?
2. What habits or traditions can we establish to strengthen our family?
3. What is an area where you saw the most growth and are proud of your spouse?
4. Where do you feel like sin patterns most entered the marriage this year?
5. How do we feel about our parenting approach? What worked well? Not Well?
6. What are our goals for our children's development in the coming year?
7. How can we create more quality time with individual children and as a family?
8. Are there any household responsibilities that need to be adjusted?
9. What's the biggest time-waster in your life, and what adjustment do you need to make?
10. What is each kid excelling at? One area each kid may need some help in?

FRIENDSHIP

1. Who did we spend the most time with and who were our best friends?
2. Who helped us when we needed help?
3. How well did we steward our home towards hospitality?
4. What familial relationships could we work harder on?
5. In what way could you strengthen your church?
6. In what way could we be more influential in our friend group, church, or city?
7. For whose salvation will you pray most passionately this year?
8. Who did we lead? Who could lead us?
9. Is there anyone who you could invest in and invite to your table?
10. How are our kids affected by their friendships?

Pro Tip

Don't focus on, or even answer all of these questions. They are all just suggestions. You know your family and what you need to focus on!

FAITH

1. How has your spiritual journey/walk been this past year?
2. Are there any spiritual practices/disciplines we did well? Want to add?
3. How did we support and encourage each other's spiritual growth?
4. What's one thing you can do this year to increase your enjoyment of God?
5. What are you praying for that is impossible for man?
6. In which spiritual discipline do you most want to make progress this year?
7. What one thing could you do to improve your prayer life this year?
8. What is one thing you want to learn more about this year?
9. What stage of discipleship are our kids in/what habits do we need toencourage?
10. What are areas of sin we see in our kids that we need to be praying about?

FORMATION

1. What is one thing I learned this year/one area I grew my knowledge?
2. What were the most helpful books, podcasts, etc. that challenged us?
3. Are the kids where they need to be education wise? Are we challenging them enough?
4. What are some personal goals or interests we want to pursue individually?
5. Are there any hobbies or activities we want to explore together?
6. What was something new you did that seemed to work, and you're glad you did?
7. What's one thing that was hard but you're glad you did it?
8. What are five things you are thankful for this year?
9. How would we rate our health, sleep, screen, fitness, & eating habits?
10. What are new habits you want to form?

FINANCES

1. How satisfied are we with our current financial situation?
2. Are there any changes we need to make in our budget or spending habits?
3. Are we honoring our set budget? Do we need to make a budget?
4. How well did we do with our giving?
5. What was the best and worst financial decision we made this year?
6. What was our best use of money for giving or generosity this year?
7. Name some items of provision where God took care of us this year financially.
8. How satisfied are we with our current job situations?
9. Are there any skills or knowledge we need to acquire to advance professionally?
10. What's one skill we can teach each kids about finances?

DAY 3: ACTION PLAN AND SUMMARY

Goal Sheet

Let's put it all together! Use the Five Foundations and think in three simple categories:

Personal	Inside The Home	Outside the Home
Goals that grow you.	Rhythms for marriage, family, and home.	Impact in work, church, and community.
"Spend 30 minutes in the Word 3x/week."	"Make a family budget."	"Host people for dinner once a month."

Calendar

This might not sound exciting, but it's one of the most freeing parts of the process.
Pull out your calendar and start syncing the year:

- *Big trips (family vacation, anniversary getaway)*
- *Kids' key dates (school breaks, sports, birthdays)*
- *Date nights and intentional rhythms*
- *Any recurring goals — service projects, hosting, Sabbath days*

Pro Tips

Don't fill every box. Choose a few that move you forward and let the rest wait. You'll revisit these all year — they'll guide how you pray, plan, and celebrate progress.

We randomly pull this out during our weekly family meetings for review and accountability.

Family Plan Sheet

The summary of it all and an easy reference. A one page summary of this whole weekend.

- *The mission of your family or just the early stages of your heart for it.*
- *Any personal or family changes you want to make.*
- *Prayers or goals that are most important.*

	Personal	Inside The Home	Outside The Home
Family			
Friendship			
Faith			
Formation			
Finances			

FAMILY SUMMIT

GOALS SHEET

WORD OF THE YEAR

_____ _____

MISSION/VISION

FAMILY VALUES

PERSONAL CHANGES

Husband	Wife
_____	_____
_____	_____
_____	_____
_____	_____

FAMILY HABITS

Start	Stop
_____	_____
_____	_____
_____	_____
_____	_____

KIDS

_____

_____

_____

_____

BIG PRAYERS

_____

_____

_____

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