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PERSONAL ACTION PLAN

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What is Family Advocacy Ministry (FAM) and why is it important?

God places the lonely in families (Psalm 68:6). By strengthening families, we provide the best long-term care for vulnerable children. We believe children best understand God's love through a parent's love. Family Advocacy Ministry offers a vital, meaningful role for anyone who cares.

What is the 111Project Personal Action Plan (AP)?

Solving Oklahoma's child welfare crisis requires all of us, but finding your specific place to start can feel overwhelming. That is why we created the 111Project Personal Action Plan. This individual assessment guides you step-by-step to discover your unique path of service. We firmly believe that everyone can do something meaningful. By helping you identify your best next move today while building a sustainable vision for tomorrow, this tool connects your unique gifts to our state's most vulnerable children and families. Let's link arms and change lives together.

111Project's role in helping you

MISSION 111Project exists to mobilize the local church (which includes you!) **so every child has family.**

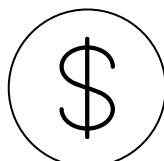
VISION To end the child welfare crisis with families waiting on children instead of children waiting on families.

GOALS To mobilize a statewide network of 1,000+ church partners across Oklahoma that are committed to recruiting and supporting one foster family a year and serving one family in need every month through CarePortal.

111Project believes **EVERYONE** can do **SOMETHING**. We hope through the Personal Action Plan you will have renewed clarity on pathways to step into your something.



ADVOCATE



GIVE



SERVE



HOST

Action Plan Work Pages

A Personal Action Plan requires ACTION!

We hope you discover your next steps in this process.

YOUR WHY

Your WHY is the heart of your motivation and calling. Solidifying this helps provide an anchor for your action.

ASSESS

How can your design and your network connections work together to help you find your part in the movement?

SET GOALS

Take your why and your design and put them into practice in a practical way. Learn how to make SMART Goals that lead to your first steps.

NEXT STEPS

What is your personal AP? Use the process to take action and plan your next steps in the movement.

Your Why & Assessment

In the next exercises you will explore the 'why' behind your involvement in family advocacy. Often, even after solidifying our "WHY," moving into actual everyday practice can feel overwhelming. This tool provides a systematic process to assess your unique position and set clear, definable goals.

The assessment is divided into four distinct parts:

- **Your Why:** the motivating factors behind your involvement
- **Your Personal Readiness:** consider your own spiritual, emotional, relational, and physical well-being
- **Your Design:** combining your personal gifts, core interests, and physical availability to map out your next steps
- **Your Community:** looking outward to evaluate the unique needs and ongoing efforts happening right around you

As you dive into these exercises, we pray the Holy Spirit highlights specific areas to capture your heart. May these work pages bring immense clarity and spark a deep excitement as you pursue the meaningful work you were uniquely designed for!

Discover Your Why

Take some time to connect your knowledge, passions, gifts, and your calling around how to engage in family advocacy. As you answer the following questions, think through how your personal values, stories, and experiences, along with scripture, impact your answers.

Why do families matter?

Why do children matter?

What role do you believe the local church has in Family Advocacy Ministry?

What parts of your own story are connected to family advocacy/child welfare?

Considering your answers above, in 1-2 sentences, state your “why”.

Your Personal Readiness

Before asking, “What can I do?” it is important to ask, “Am I prepared to serve in a healthy and sustainable way?” Caring for vulnerable children and families can intersect with our own stories, relationships, wounds, and unmet needs. Personal readiness does not mean that we must be perfectly healed before helping others. It means bringing our lives into the light, receiving support where needed, establishing healthy boundaries, and choosing a role that fits our current season.

As you prepare to help others, prayerfully consider your own spiritual, emotional, relational, and physical well-being.

PAUSE AND REFLECT

My flourishing: Where am I currently thriving? Where might I need additional care or support?

My story: Are there experiences from my past that could influence how I respond to vulnerable children, parents, conflict, rejection, or crisis?

My support: Who knows me well and has permission to encourage, challenge, and support me?

My household: Are there needs within my family, relationships, health, or responsibilities that require attention before I take on more?

Personal Readiness cont.

My boundaries: What limits or safeguards would help me serve faithfully without becoming overwhelmed or neglecting those closest to me?

CONSIDER THESE RESOURCES



Thrive Lights: Complete a whole-person assessment to identify areas where you are thriving and areas that may need attention.



Making Sense of Your Worth: Consider participating in this guided class to better understand your story, develop positive self-worth, and move toward secure relationships. (or search nearby classes)



ACE Questionnaire: Explore how adverse childhood experiences may have shaped your responses, relationships, and well-being.

An ACE score is not a diagnosis or a measure of spiritual maturity. You should not be required to share your score or personal history. These resources are intended to encourage awareness, healing, and appropriate support.

CHOOSE YOUR READINESS STEP

- ☐ **Ready:** I have the capacity, support, and healthy boundaries to move forward.
- ☐ **Ready with support:** I can move forward gradually with safeguards and trusted people walking alongside me.
- ☐ **Restoration first:** My healthiest next step is to focus on healing, stability, or my household. I can still participate through prayer, learning, giving, or advocacy.

Assessing Your Design

This section helps you focus directly on your unique design. The biblical call to care for the vulnerable belongs to all believers. **EVERYONE CAN DO SOMETHING!** Yet, doing something doesn't mean we all carry the exact same role. Supporting families under stress requires a massive variety of skills, talents, and resources.

Mirroring the vision of the church body found in 1 Corinthians 12:12-26, we must bring all of our different strengths to the table. Taking time to assess your specific design will bring rapid clarity to your immediate next steps.

What spiritual gifts do you have based on the gifts listed in 1 Corinthians 12:7, Romans 12:4-8, and Ephesians 4:11-16?



Scan for a complete list

What are your favorite activities? Another way to think of this is how do you fill your free time?

What are ways you have enjoyed serving/volunteering in the past?

Are you an introvert, extrovert, or ambivert? (Introverts recharge alone, extroverts thrive socially, and ambiverts blend both.)

Assessing Your Design cont.

What draws you to serving vulnerable children and families? Is there a part of child welfare that brings more of a personal interest? (prevention, bio parents, foster/adoptive parents, youth aging out of foster care, etc...)

What are the limits that you should consider either physically, emotionally, or relationally?

Consider what resources you can share—your time, treasure, and talent. Matthew 25:14-30 reminds us to invest what we've been given. May these questions help you discover how to invest in the Kingdom!

What kind of time do you have to give? (Time)

What are material resources you have to offer? (Treasure)

Do you have any training or experiences that specifically equips you to serve uniquely? (Talent)

Do you want to dive more into more with understanding your unique design?
Explore these resources:



Chazown



One Degree

Assessing Opportunities

Use the chart below to brainstorm the people, organizations, and activities in your community that can make a meaningful difference for vulnerable children and families. To help guide your thoughts, we have organized this exercise into our four primary pathways: **Advocate**, **Give**, **Serve**, and **Host**.

If you feel overwhelmed, try anchoring your brainstorm around a specific phase of the crisis: **Before** (Prevention), **During** (Foster Care), or **After** (Reunification, Adoption, and Aging Out). Ask yourself, "Who do I know that knows someone?" Strategic connections can change a child's trajectory.

The 111Project staff is a guaranteed asset to your network. If you need to reach our team, you can instantly find us on our [Staff and Leadership Page](#).

	People	Organizations	Activities
Advocate Ex: Prayer, social media, personal conversations, sharing with your church, legislative policy work...	family, friends, pastors	prayer organizations, FB, IG, your work place	pray, share at ministries or events at your church
Give Ex: Providing physical needs through CarePortal, donate funding to the movement	foster/adoptive family in my church, family at school	CarePortal, clothes closets, 111Project, church	clothing /food drives,
Serve Ex: Volunteer, mentor, support foster families/bio families	foster/adoptive/bio families	Stand in the Gap, Casa, PARB	mentor, provide admin help to an org, sort clothes
Host Ex: Provide a retreat, become a foster family, provide respite care, become a "Safe Family"	needs within extended family, neighbors, kids of friends who are foster families	Safe Families, any foster care agency, church	babysit, provide respite, host a family for dinner, become a safe family, become a foster family

Assessment Summary

Now, let's bring these themes together to establish your clear next steps.

Review both sections: Assessing Your Design & Assessing Opportunities.
What are the things that stand out to you? Try to answer this in one word/short phrase answers.

Take a moment in prayer. Proclaim "Here I am Lord, Send Me."
Ask the Lord, "How do you see this?" Write below what you hear/sense/understand.

Setting Goals

SMART Goals are: **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-bound. In the space below, brainstorm some next steps using the previous sections and the examples provided as a guide.

Specific

Which area of care are you drawn to? With whom and for whom?

I want to help provide practical needs for families taking care of foster children

Measurable

1x/week? # of requests met? # of children or families served?

I want to meet one CarePortal request once a month.

Achievable

What is possible given your resources (time, treasure, talent)

I can buy diapers to support a family on CarePortal once a month.

Relevant

Is this something that is already being done? Is it a real-time need?

The need for diapers is always present in some family somewhere. I can connect with those families in need through CarePortal or through my church.

Time-bound

When can you start?
When is the need relevant? When does it end?

I can start this month and commit to it for 6 months and then reassess the needs I see around me.

Action Steps

Now that you have prayerfully assessed your design and set your goals, it is time to bring your plan into focus. Use the prompts below to lock in your immediate next steps.

Connect

I will reach out to _____ [insert local or known organization/person from the "Assessing Opportunities" page] to learn more about what is already happening in the area of [Before / During / After Care].

Serve

I will commit to serving _____ [#] families through _____ [organization, ministry, or church program] by _____ [describe type of support: meals, transportation, mentoring, etc.] over the next _____ [insert timeframe, e.g., 3 months].

Mobilize

I will meet with my church leadership by _____ [date], to explore launching (or strengthening) a FAM team, aiming to educate, equip, and empower others for advocacy.

Pray & Share

I will pray _____ [insert frequency] for vulnerable children and families and share _____ [#] story(ies) each month with someone in my circle to raise awareness and inspire involvement.

Equip Myself

I will participate in a training or educational opportunity (such as a CarePortal orientation, trauma-informed care training, foster care info meeting, or a FAM interest meeting) by _____ [insert target date]

Let 111Project know

As a final step, I will check the box **"I completed my personal action plan and I want to talk about what is next"** on the "Learn More" form (QR code). This step helps 111 support me and track the effectiveness of this process.



Spread the Movement

Now that you have walked through the PERSONAL ACTION PLAN, we encourage you to take this to your church and community by utilizing ACTION PLANS for Churches and Communities.

Ministry Action Plan

111Project believes the local Church is the solution to the child welfare crisis in Oklahoma. Every church cares about children—especially those in need of family. But many churches struggle to know where to begin when it comes to family advocacy ministry.

The needs can feel overwhelming. Stepping into foster care or supporting biological families often reveals a broad and complex landscape. That's why we've created the Ministry Action Plan (MAP) —a practical tool to help your church identify its unique lane of care, assess its collective time, treasure, and talents, and set clear goals for both the near future and the next five years.

The MAP also helps clarify how 111Project can best support your church as you walk out your plan. Whether your church is just beginning or has been involved in family advocacy for 25 years, the MAP will help refocus, reignite, and re-engage your role in the movement to ensure every child in Oklahoma has a family.

Community Action Plan

Statistics consistently show that family health is the foundation for the overall well-being of a society. When families thrive, communities flourish. Now is the time for communities to come together in unity and invest in their future by taking meaningful action through a Community Action Plan. Imagine what could happen if, beyond individual efforts and church-level plans, agencies, and organizations joined forces—working collaboratively toward better outcomes for families in their community.

The Community Action Plan equips local leaders to assess the current health of their community, identify existing family advocacy ministry efforts, and uncover strategic pathways for growth, family support, and sustainable advocacy.

111Project is ready to partner with you as a steward of the local care ecosystem—bridging communication gaps, strengthening collaboration, and helping cultivate a community culture centered around the Community Action Plan.

Visit www.111Project.org/MAP to learn more and download the guides today!



Take Next Steps with 111



JOIN OUR NEWSLETTER

Each month we share highlights, resources, stories of change, and future opportunities. You can also receive county-specific newsletters.



FOLLOW US ON SOCIAL MEDIA

You can support 111Project and advocate for children and families by sharing our social media content.



COME TO A COMMUNITY GATHERING

Gatherings in every county of Oklahoma provide a closer look at specific community needs, opportunities to get involved, and stories of local impact.



WALK THROUGH THE 111PROJECT PRAYER EXPERIENCE

Our guide can inform your prayers and guide you through the various facets of child welfare that impact children and families daily.



JOIN A BUS TOUR

From prevention to stabilization to wrap-around care, we see what it looks like to surround families in their most vulnerable moments.



SHARE THE PERSONAL ACTION PLAN WITH OTHERS?

Use our Action Plan resources to guide your friends, family, or church step by step to help them identify their best next move and cast a vision for the future.



BECOME A POINT PERSON & BUILD A TEAM

As the primary contact between 111 and your church, you can take information about events, ways to advocate for kids, foster care, and local needs and help share it.



SIGN UP FOR CAREPORTAL

CarePortal allows everyone to do something, making it one of our primary tools for collaboration and collective impact.



ENGAGE WITH YOUR REGIONAL MANAGER

By regularly engaging on CarePortal, you are meeting needs in your community and amplifying your impact on the lives of those closest to you.